

Fig. 1

484

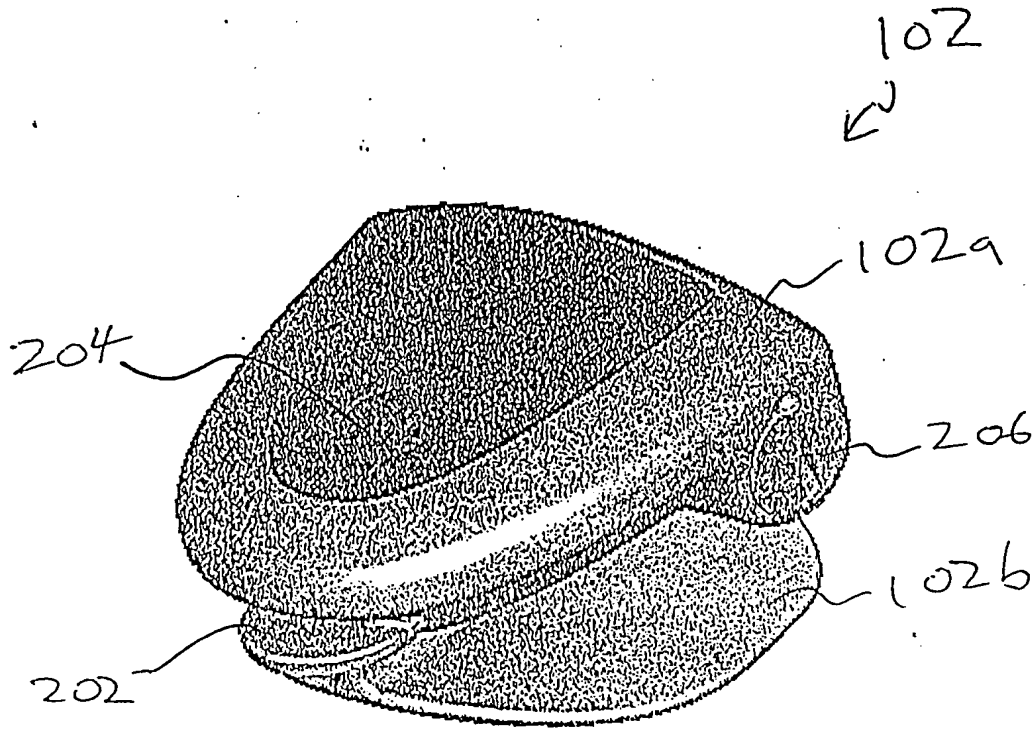


Fig. 2A

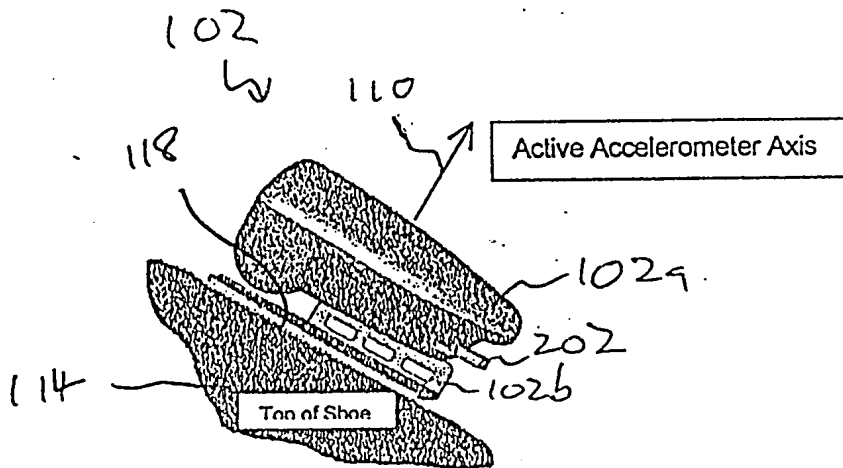


Fig. 2B

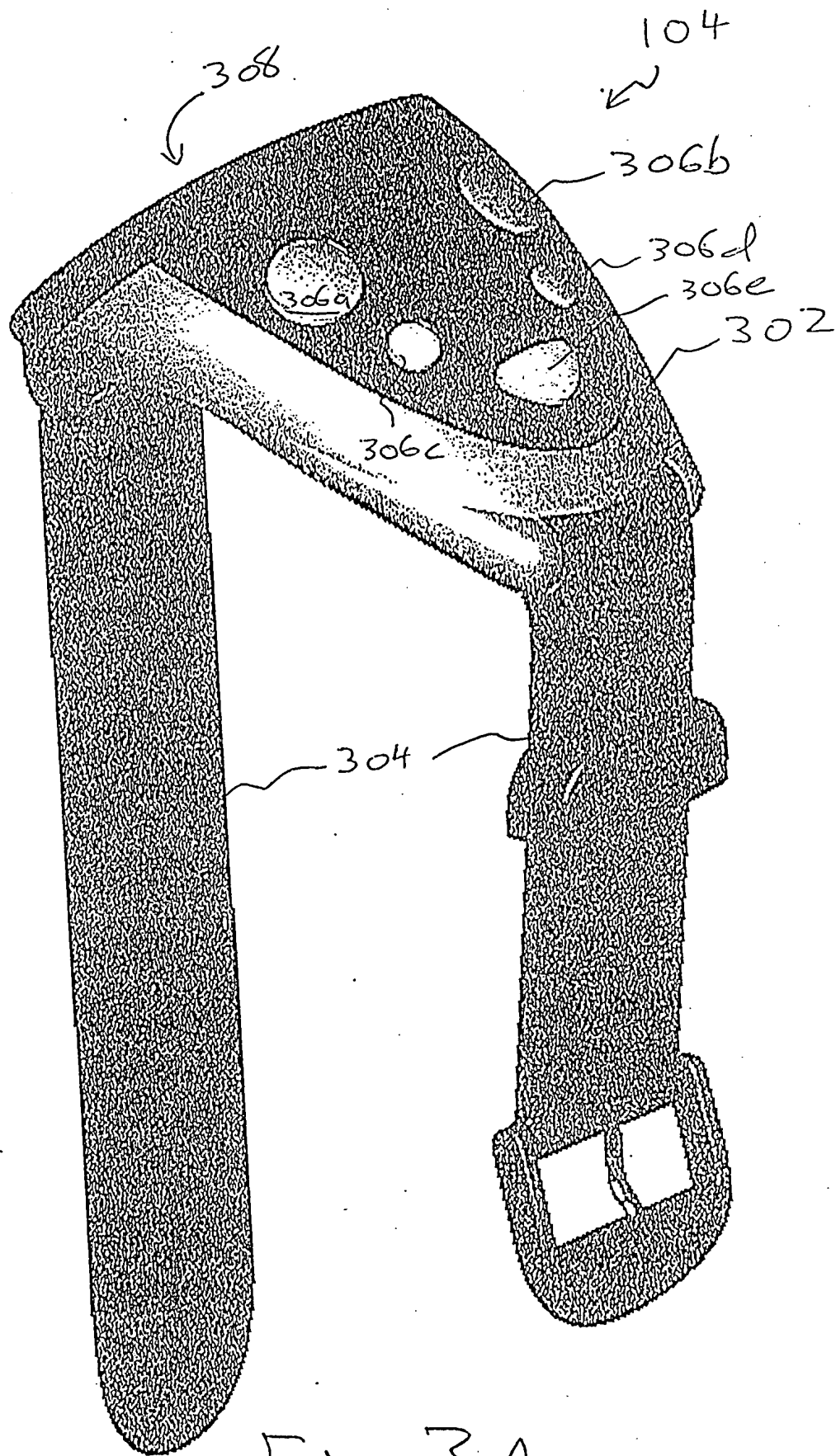


Fig. 3A

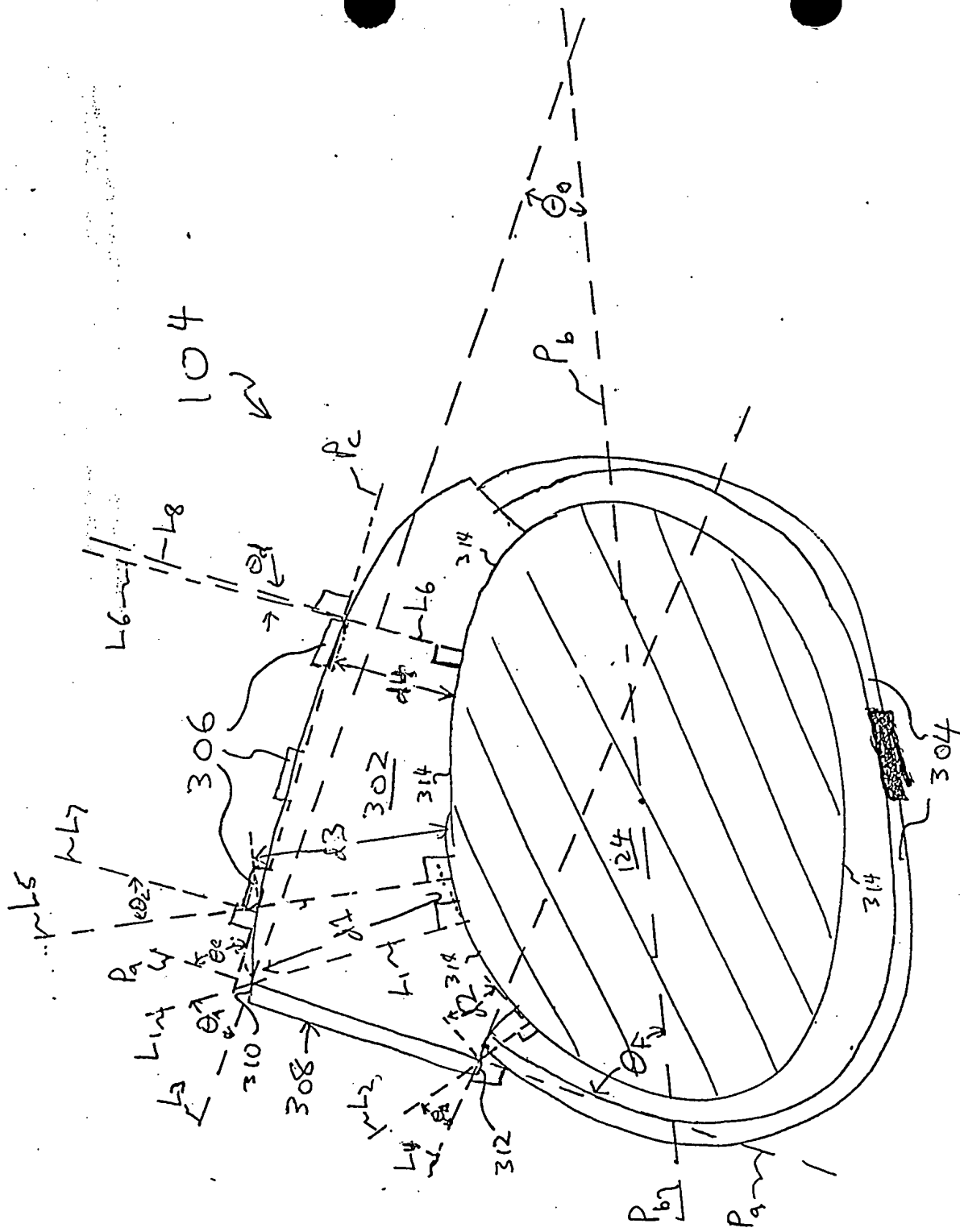


Fig. 3B

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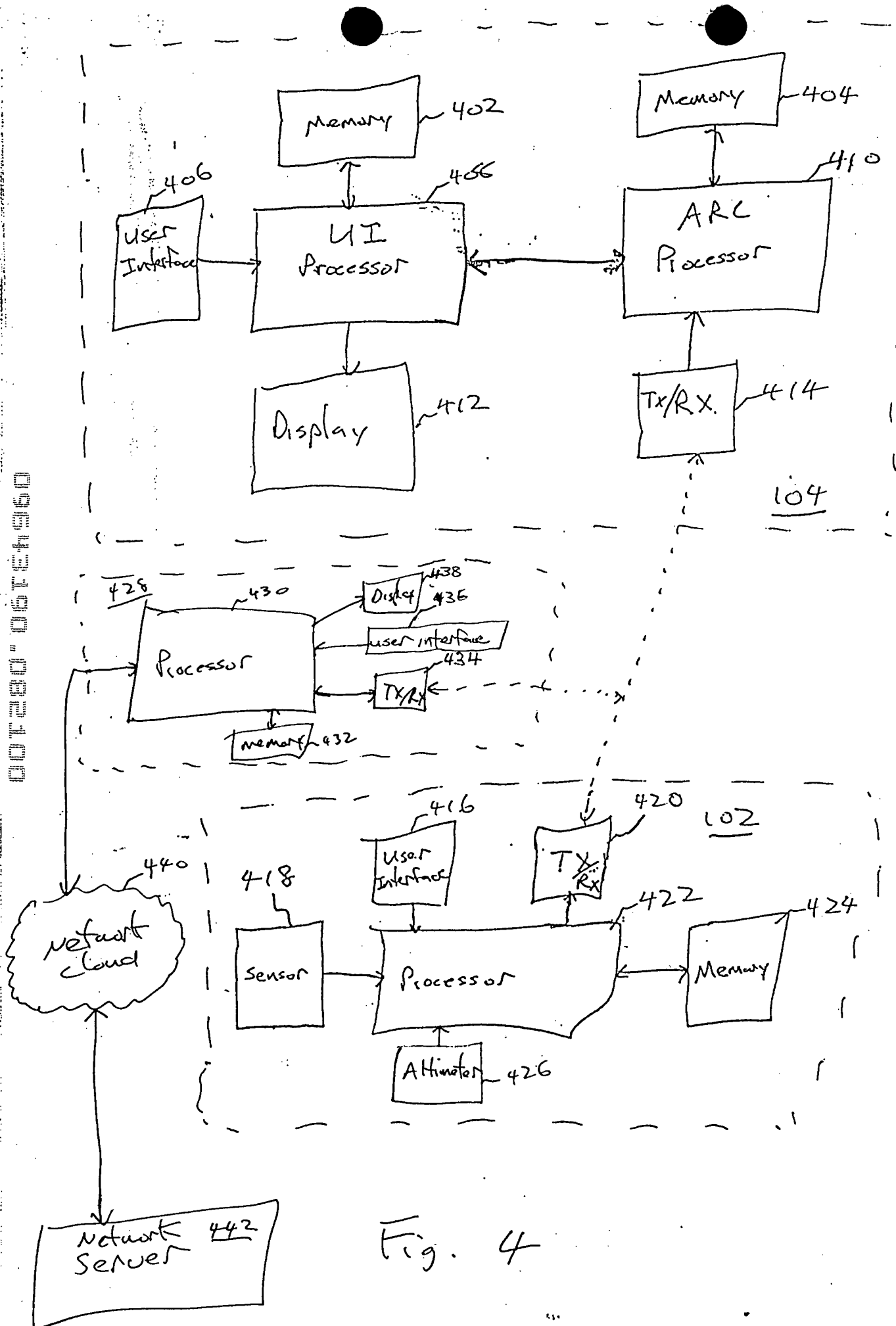


Fig. 4

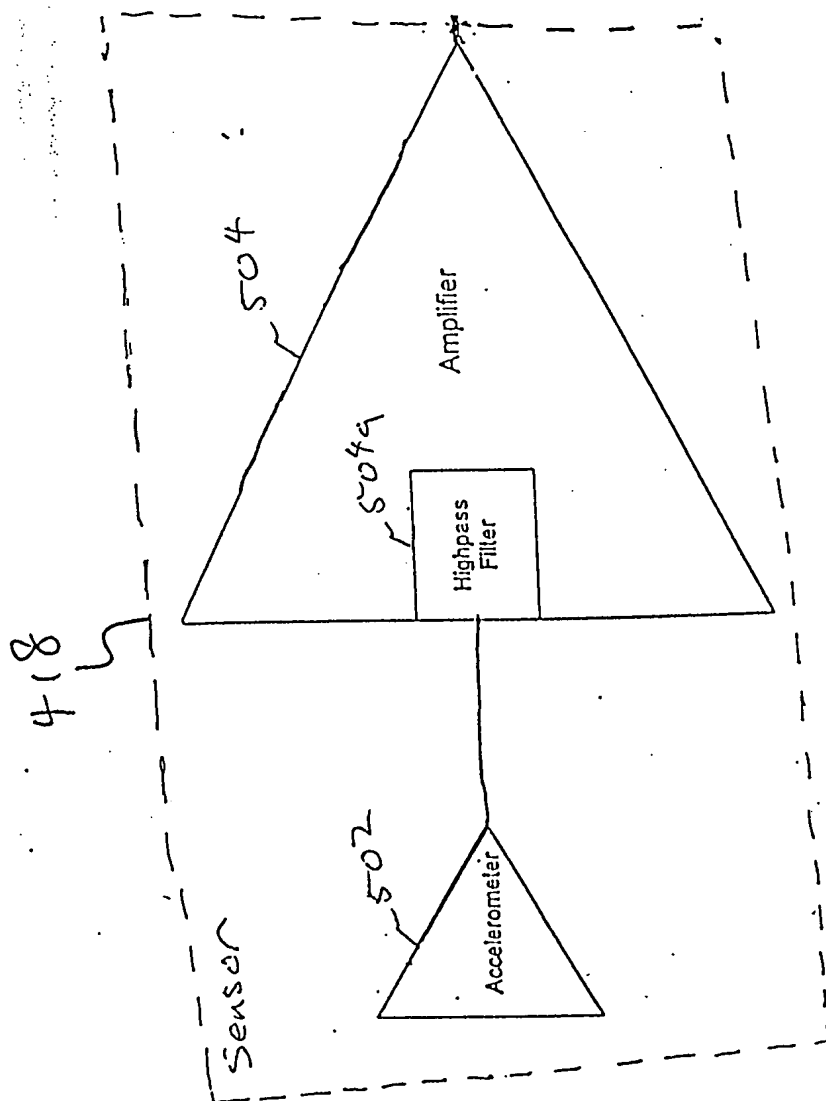


Fig. 5

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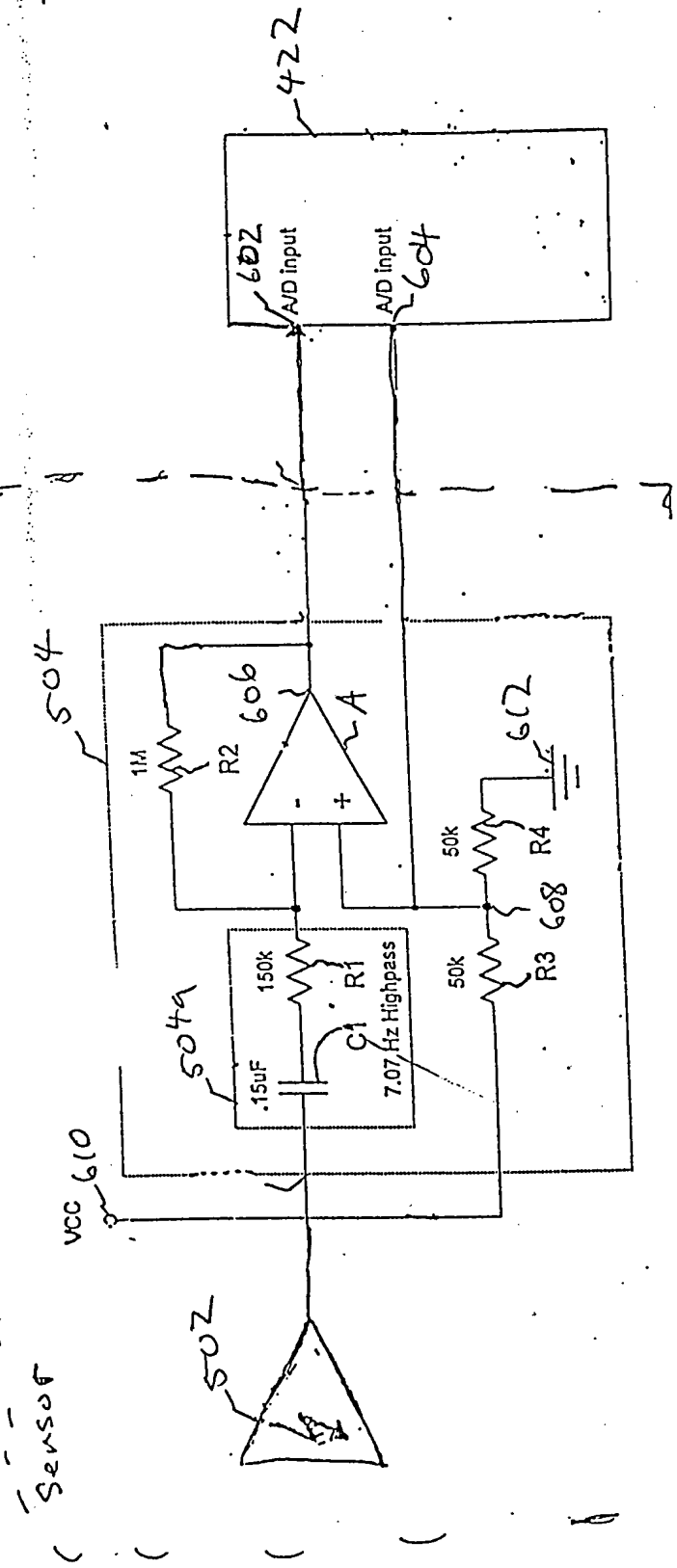


Fig. 6

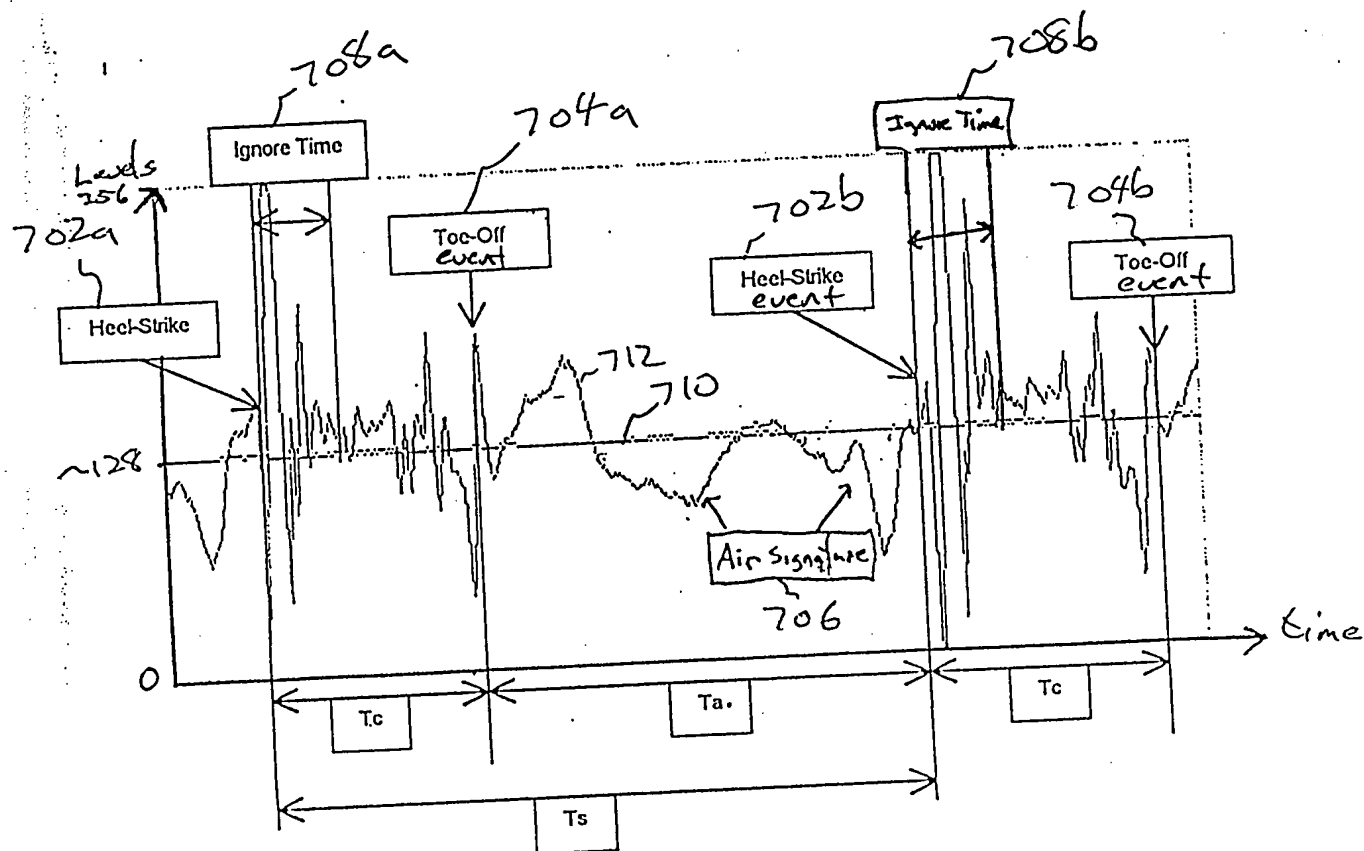


Fig. 7

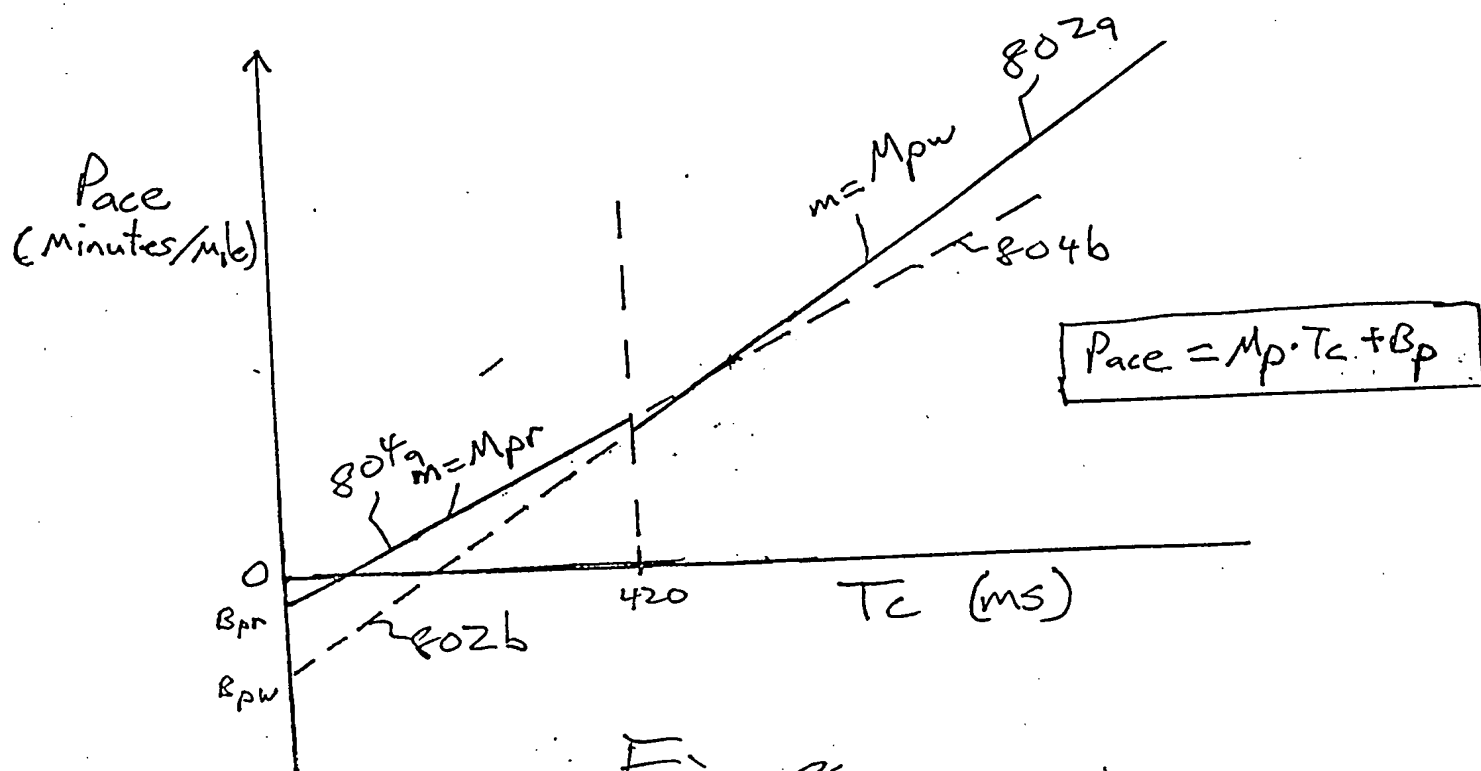


Fig. 8

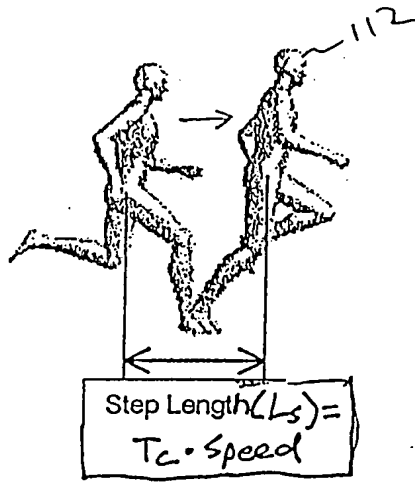


Fig. 9

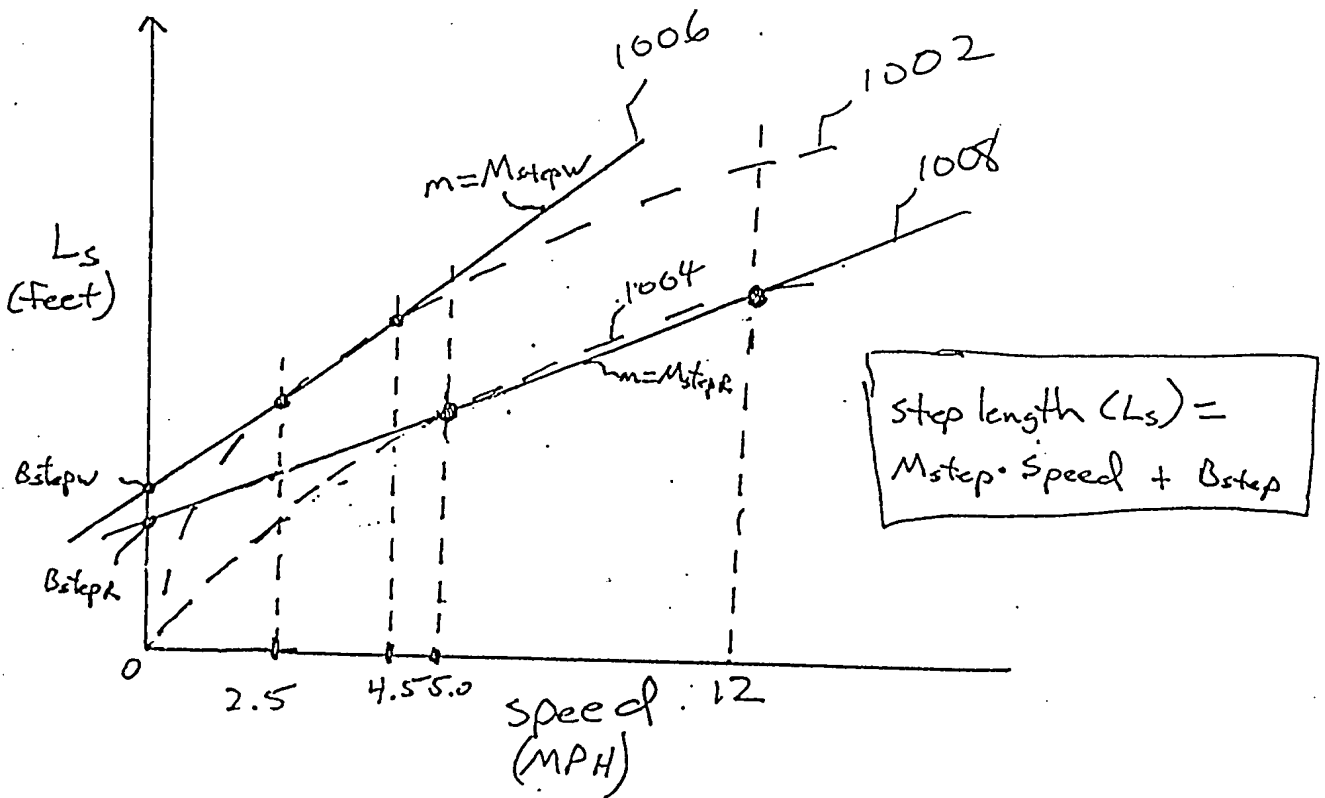


Fig. 10

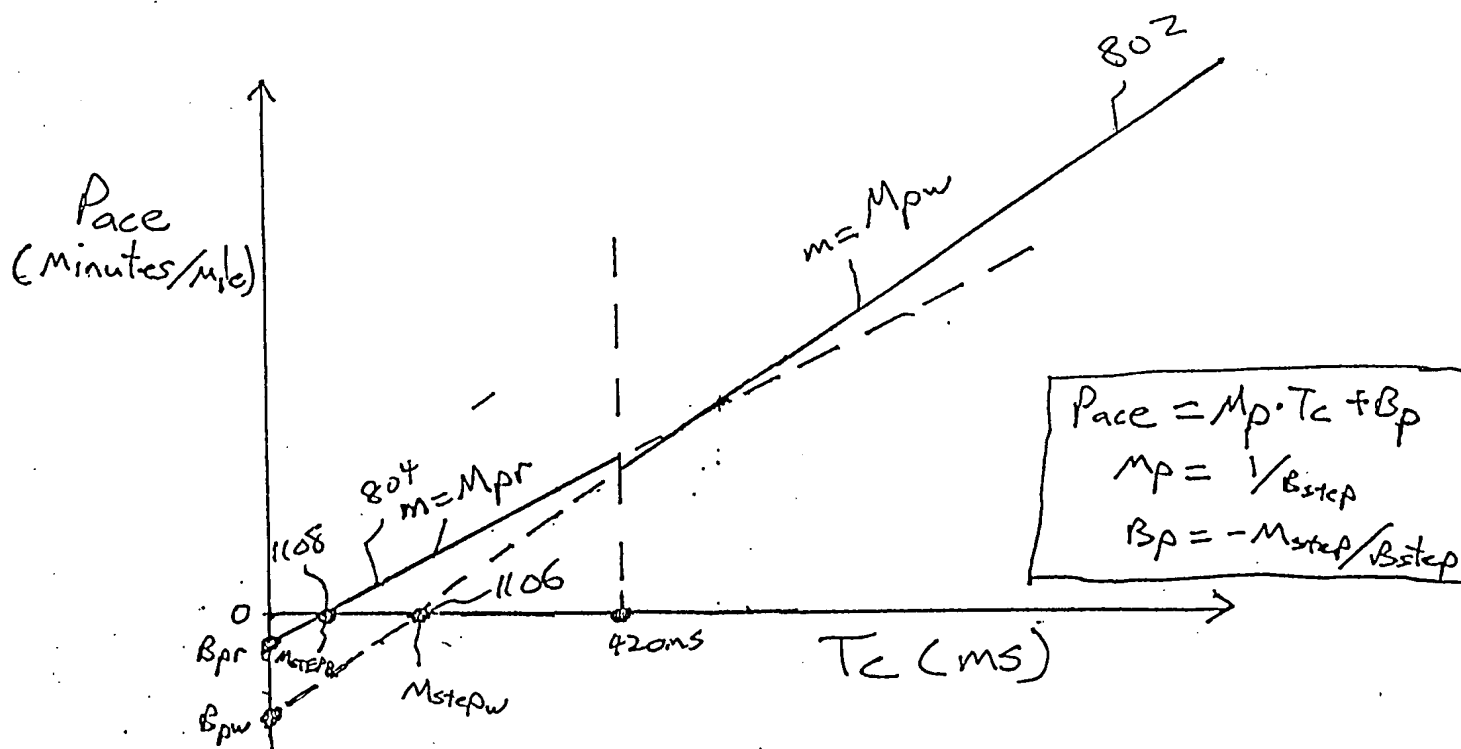


Fig. 11

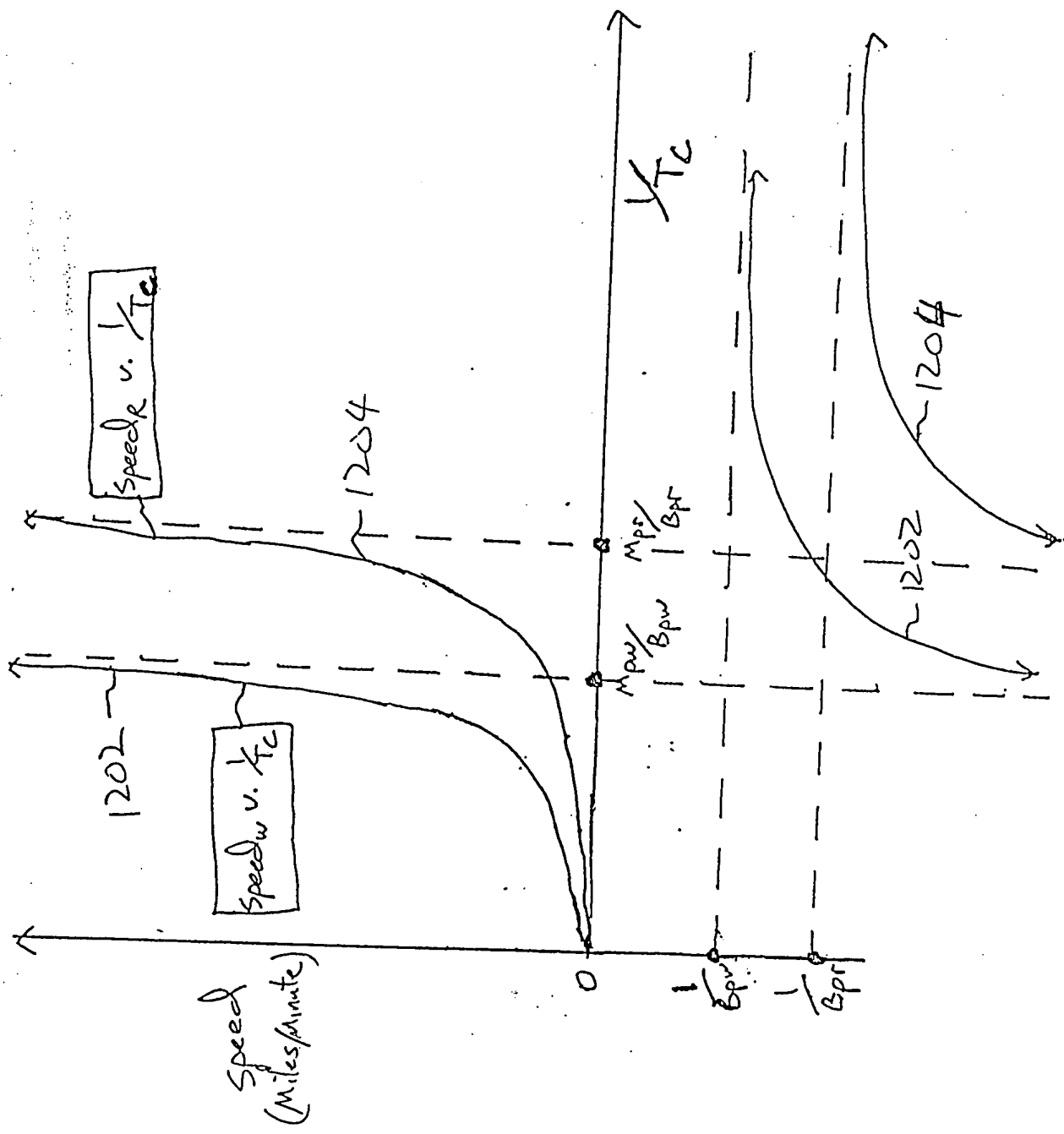


Fig. 12

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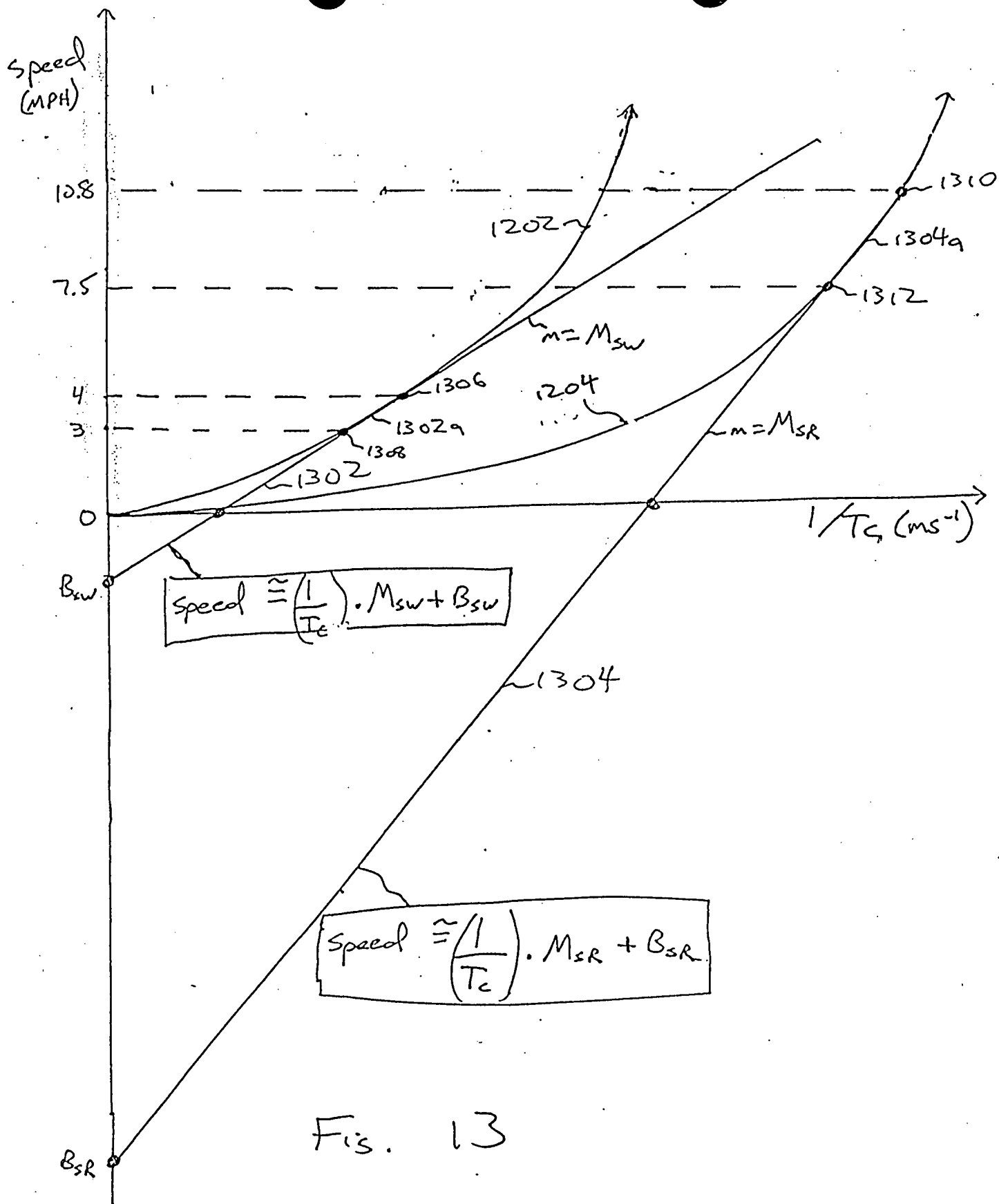


Fig. 13

001280 0674960 09543190 082100

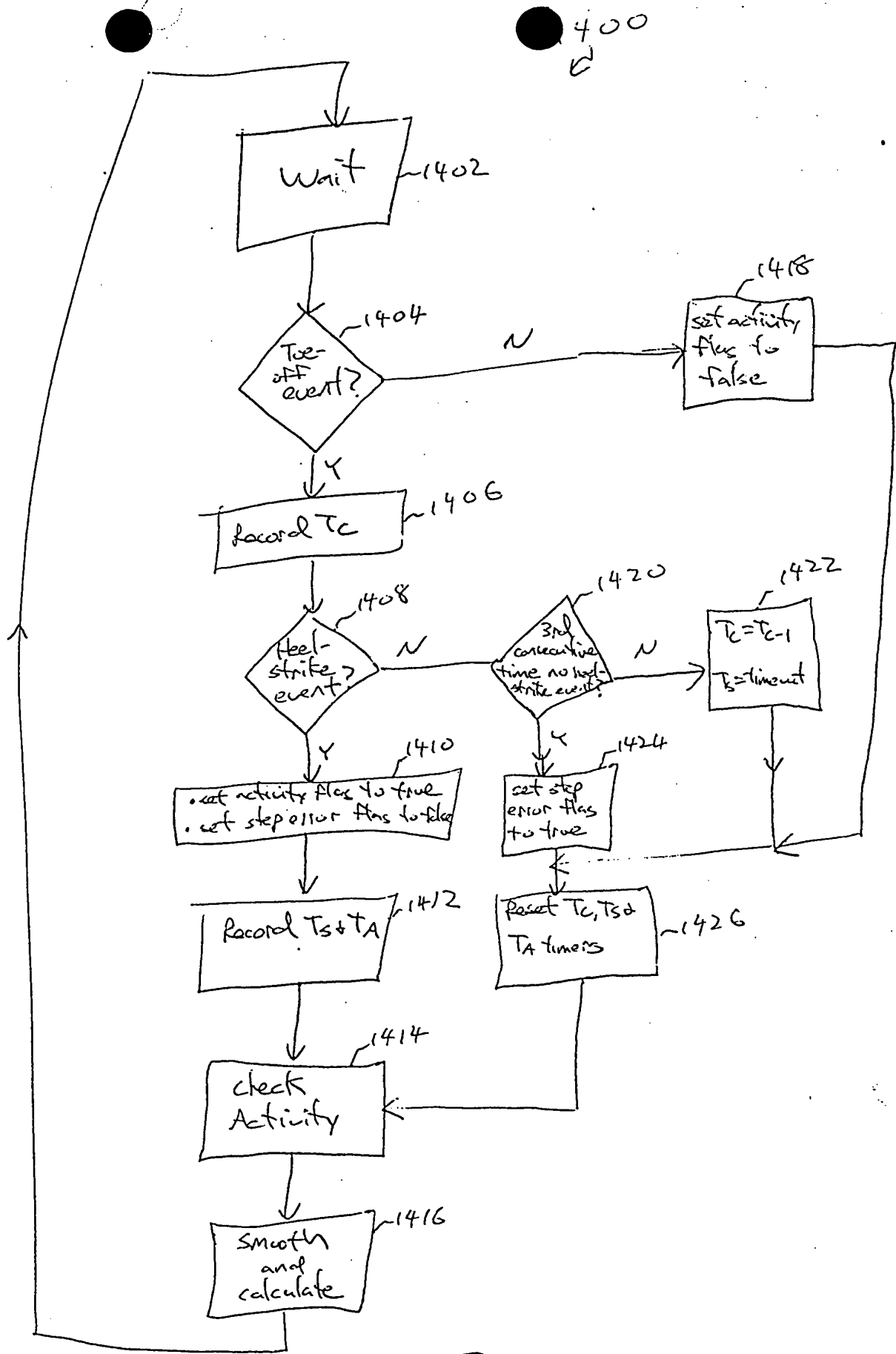


Fig. 14

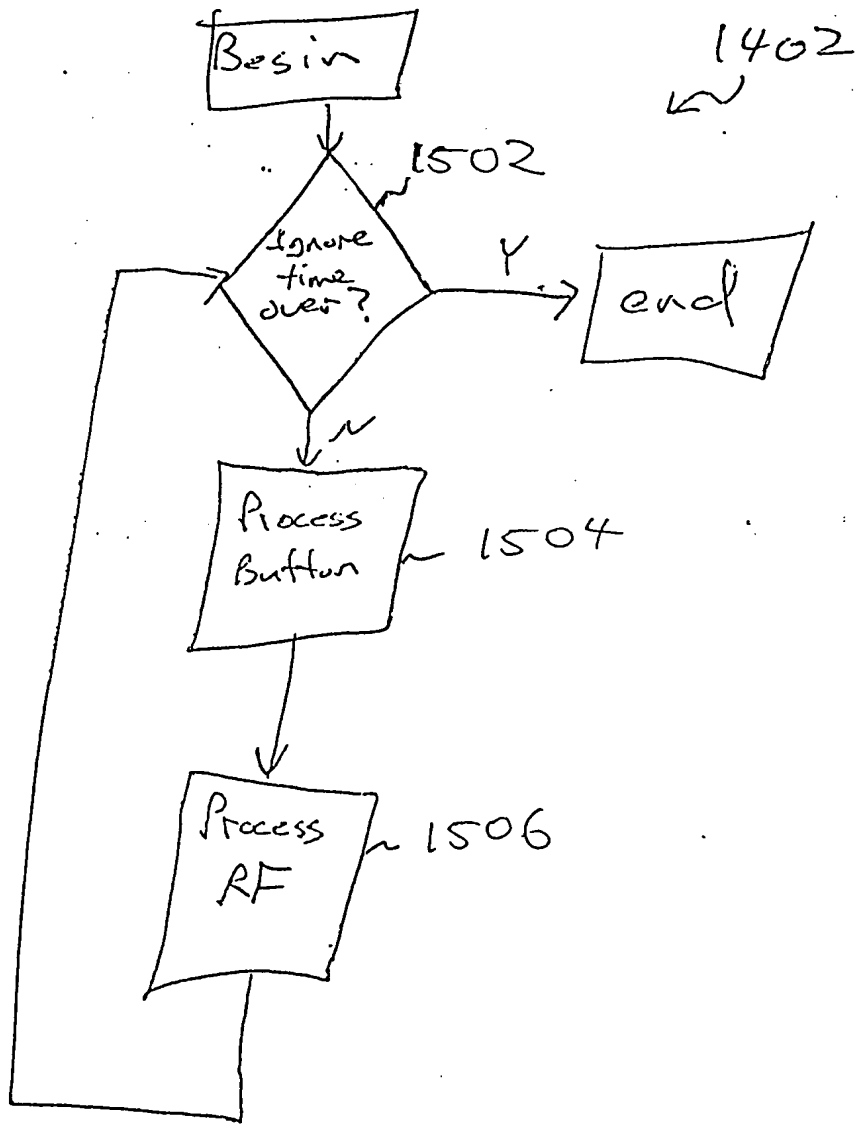


Fig. 15

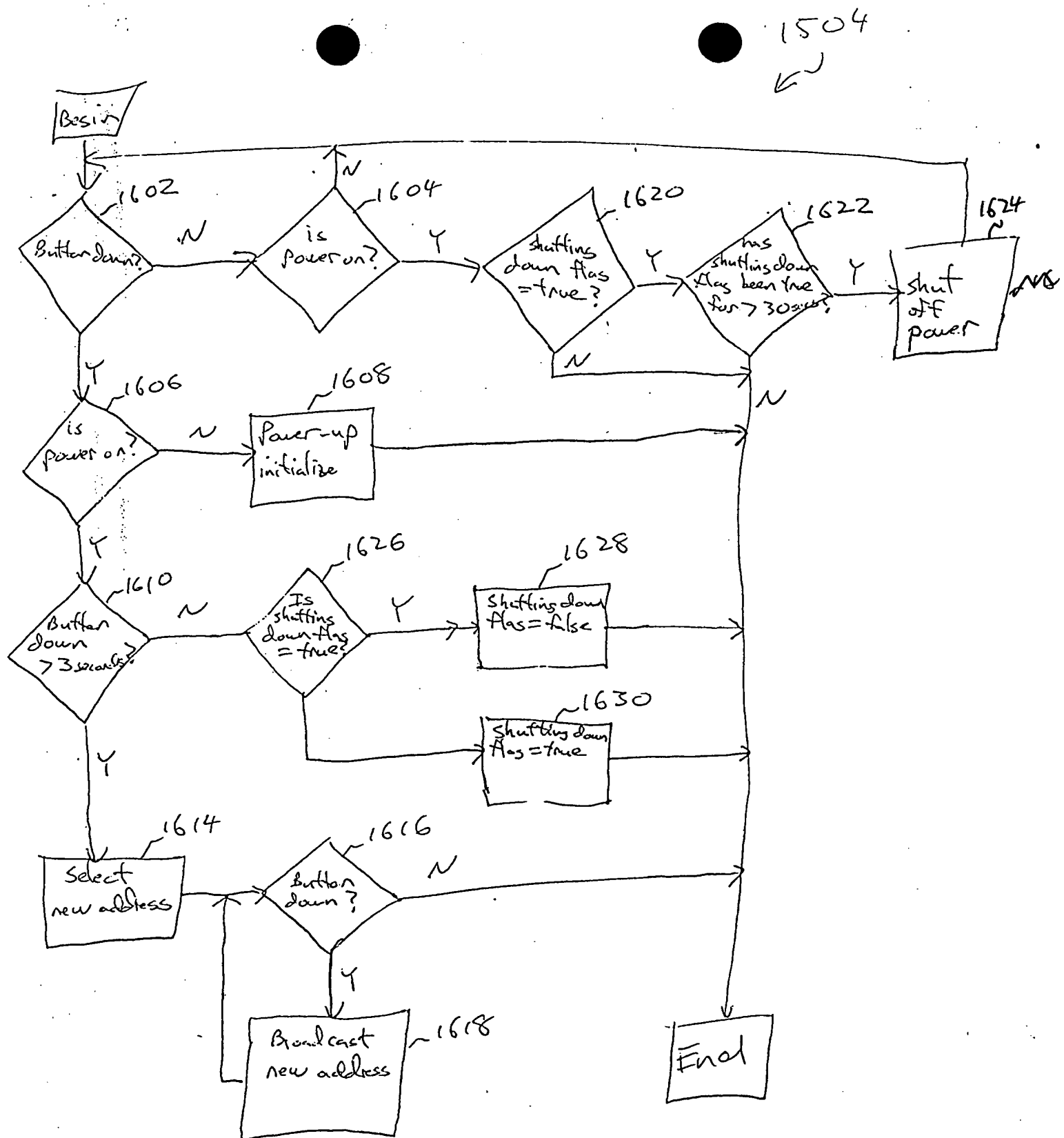


Fig. 16

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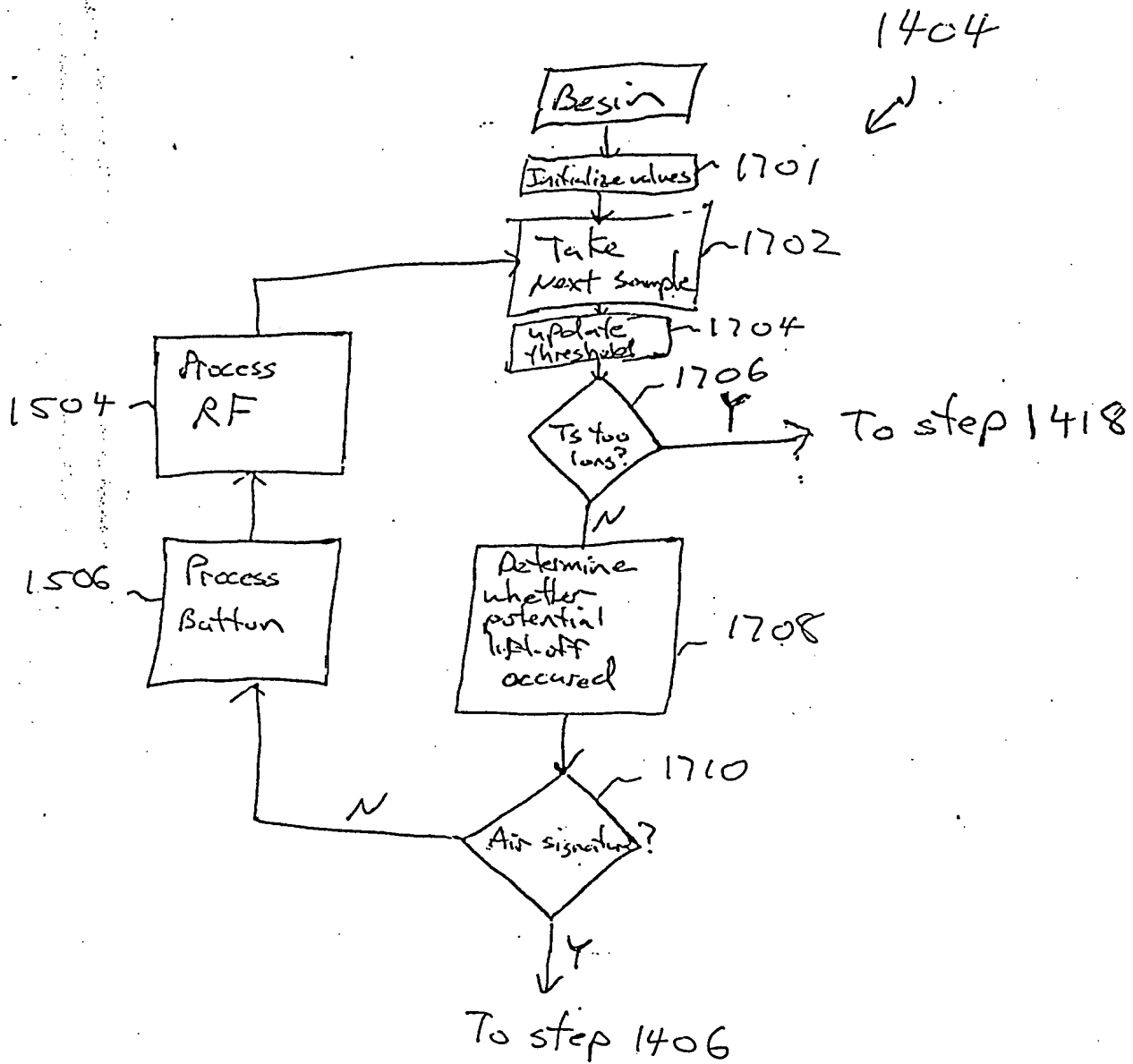


Fig. 17

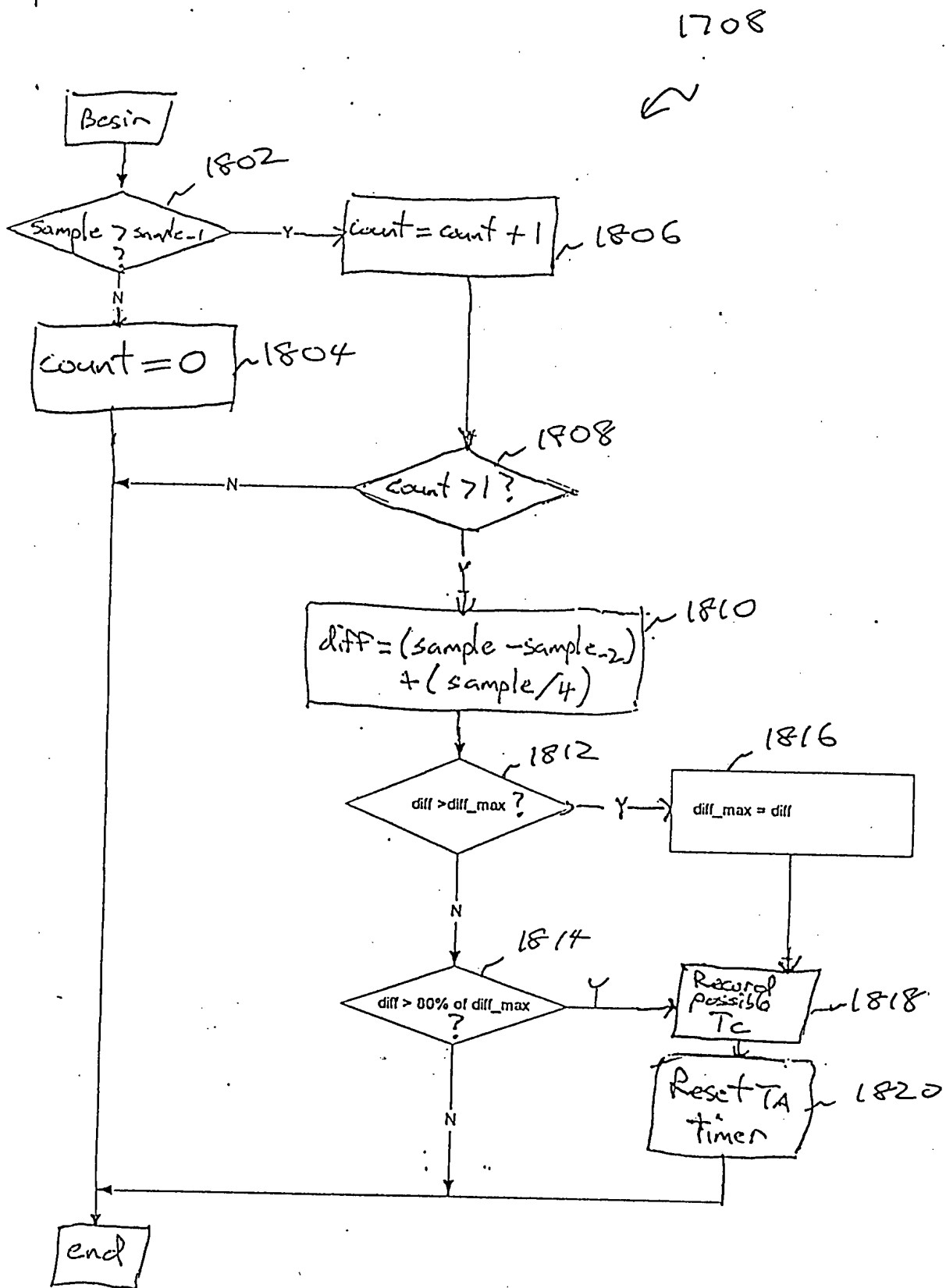


Fig. 18

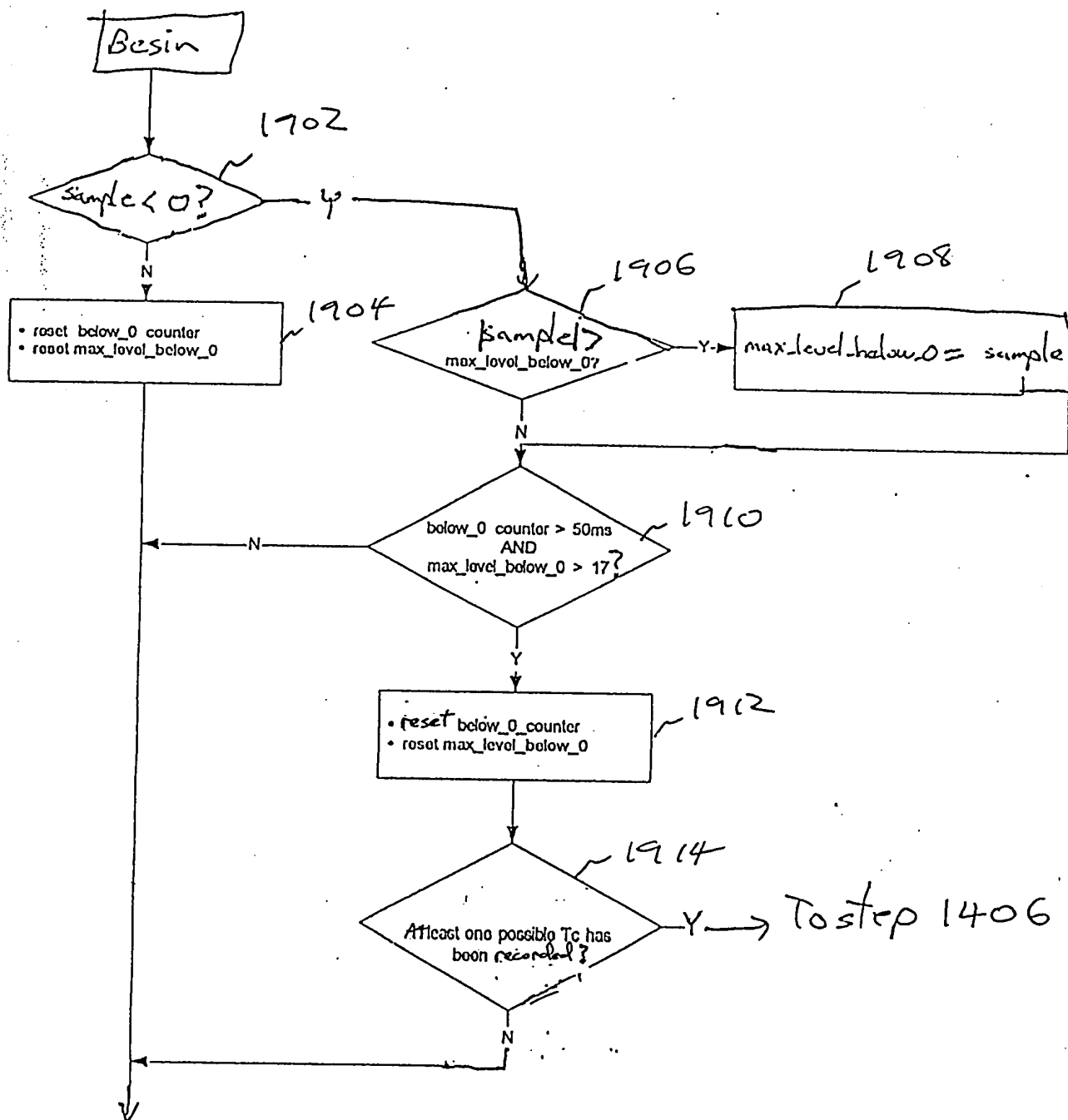


Fig. 19

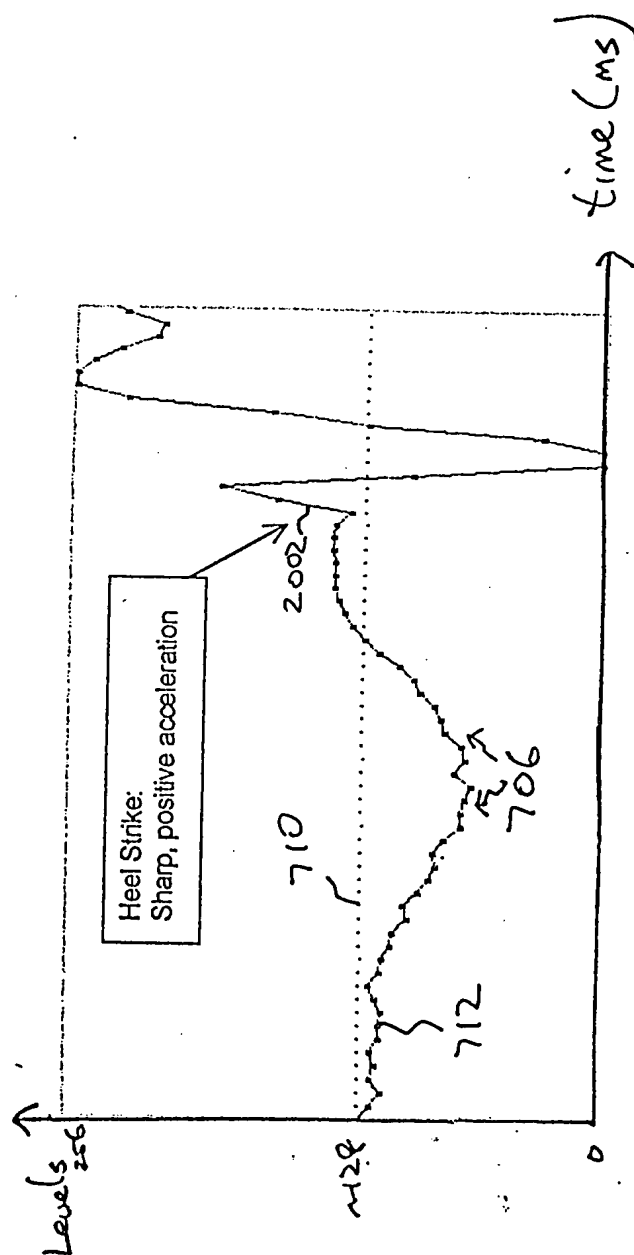


Fig. 20

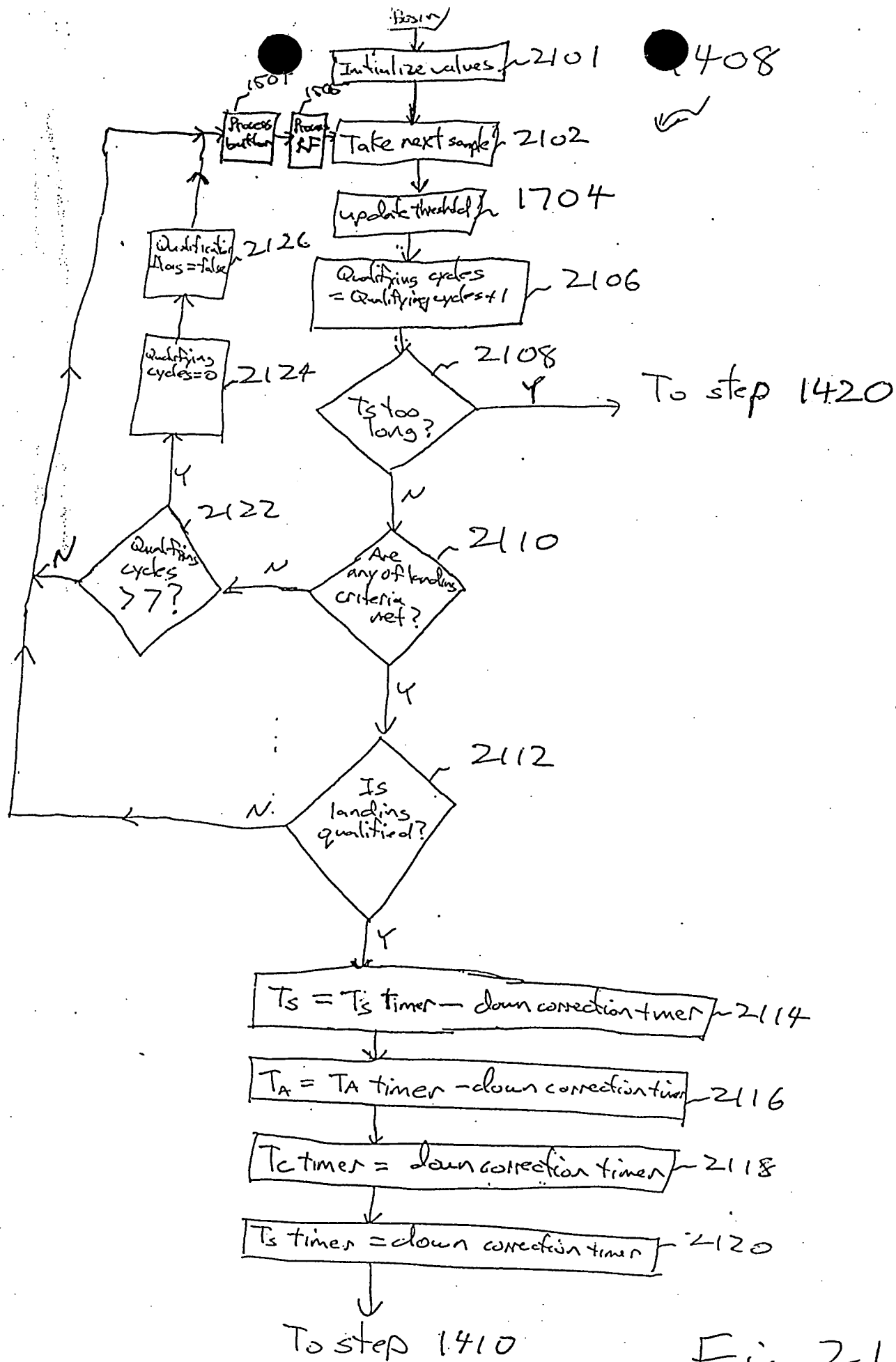


Fig. 21

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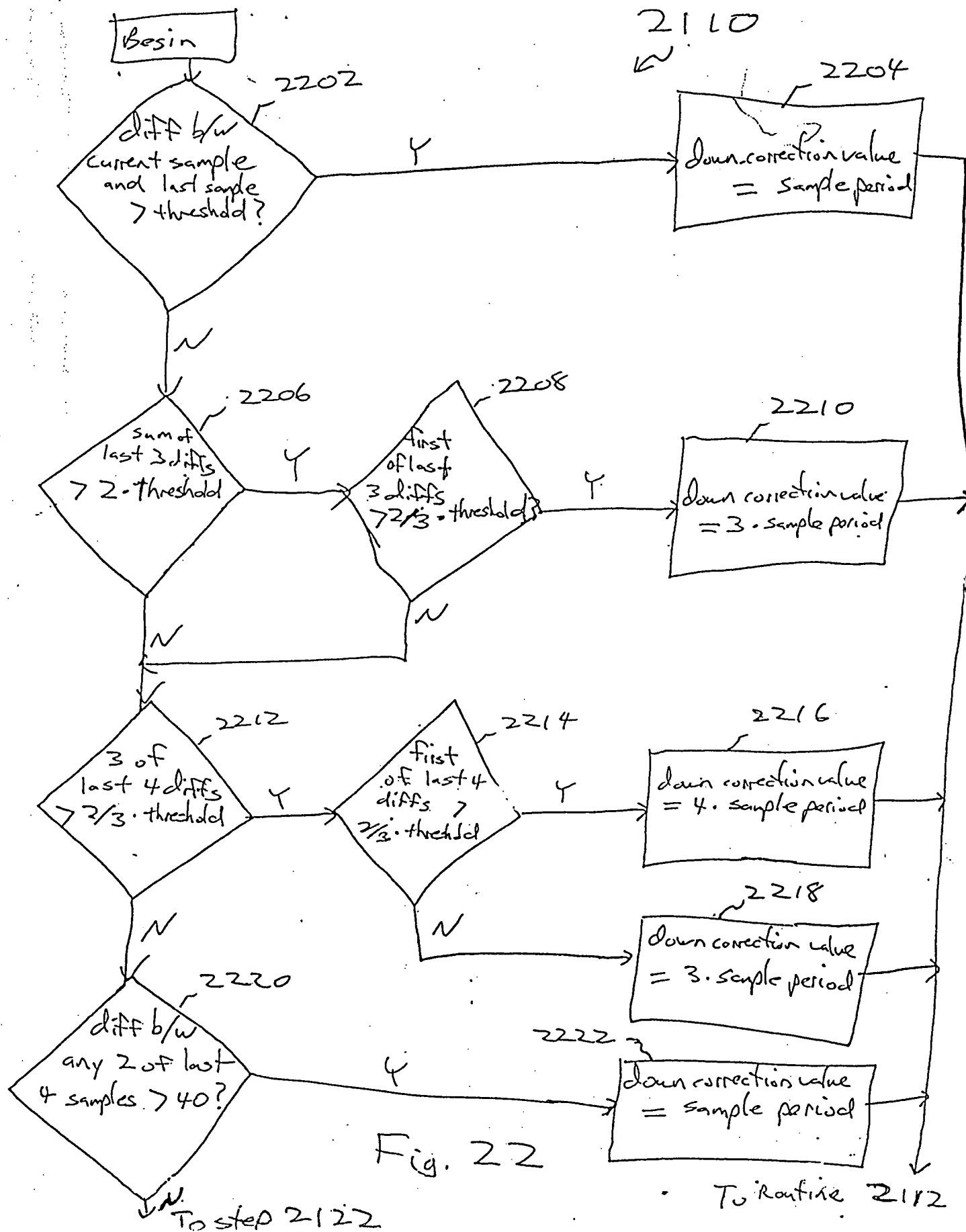


Fig. 22

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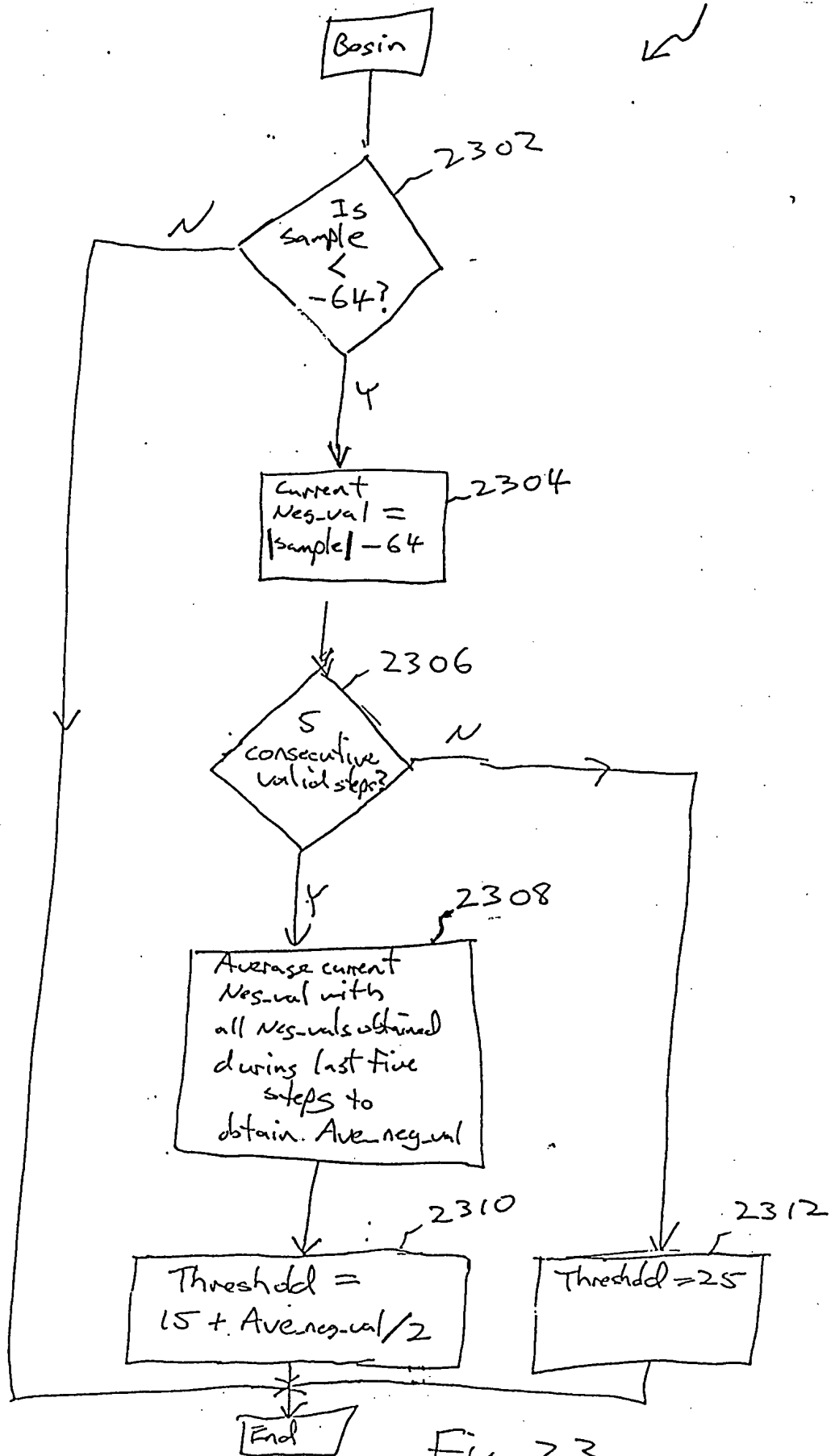


Fig. 23.

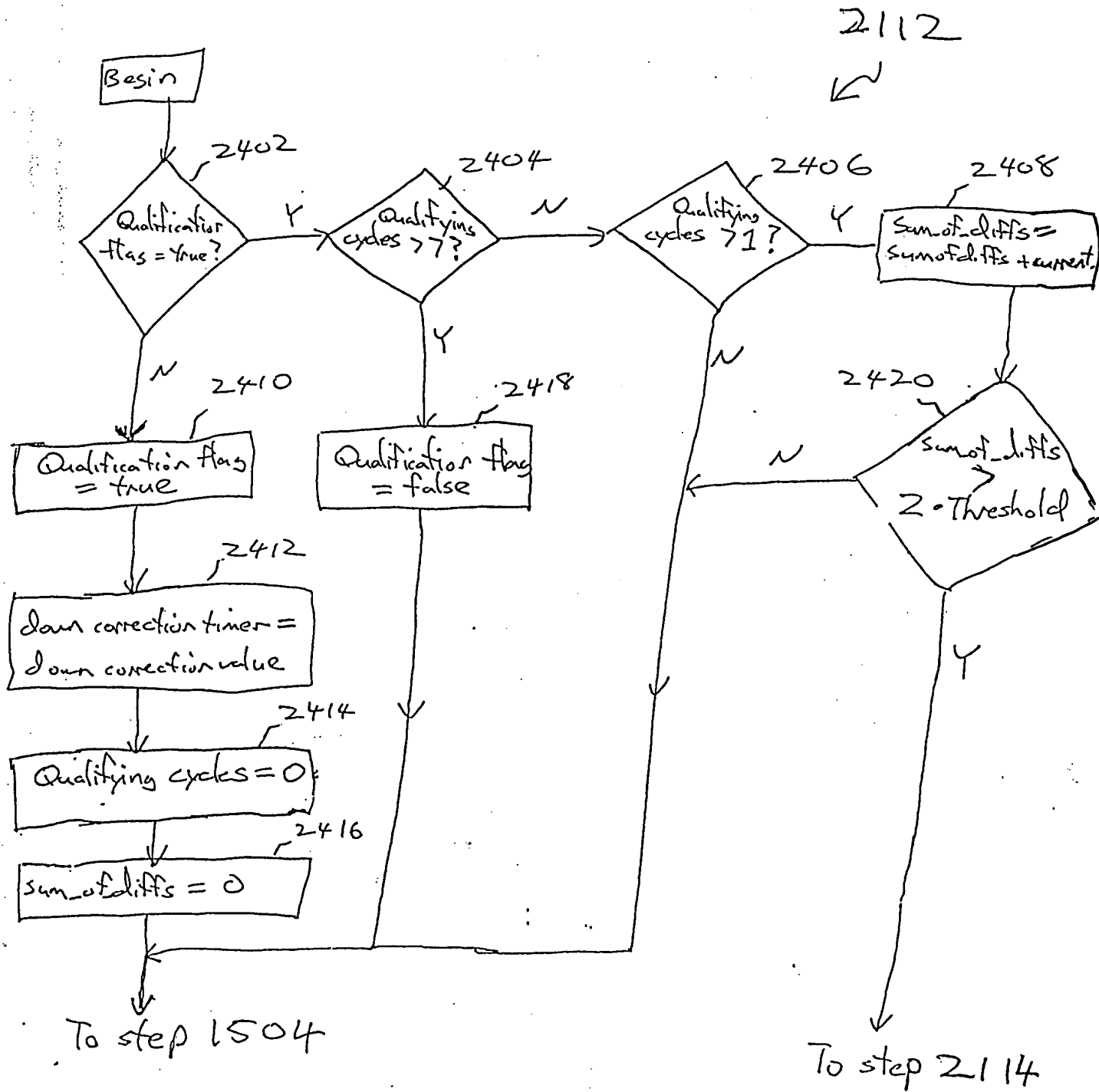


Fig. 24

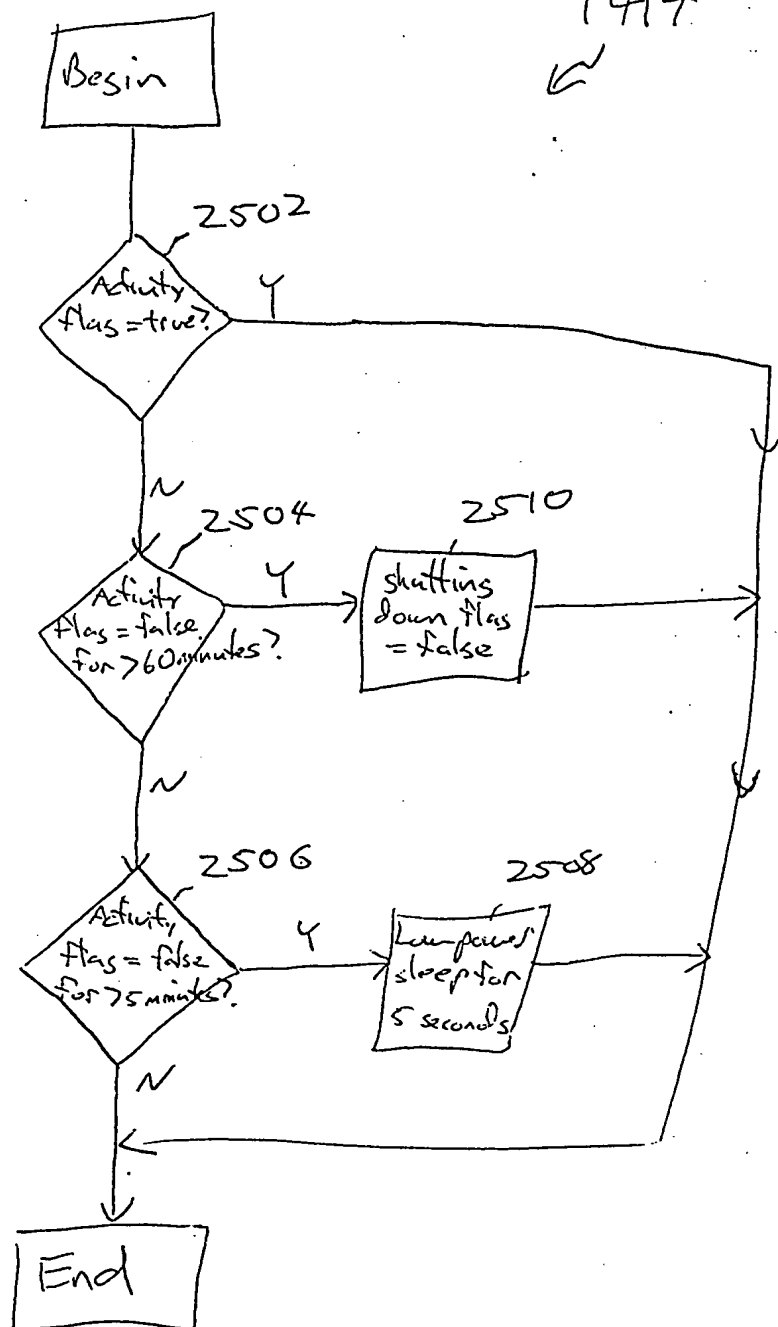


Fig. 25

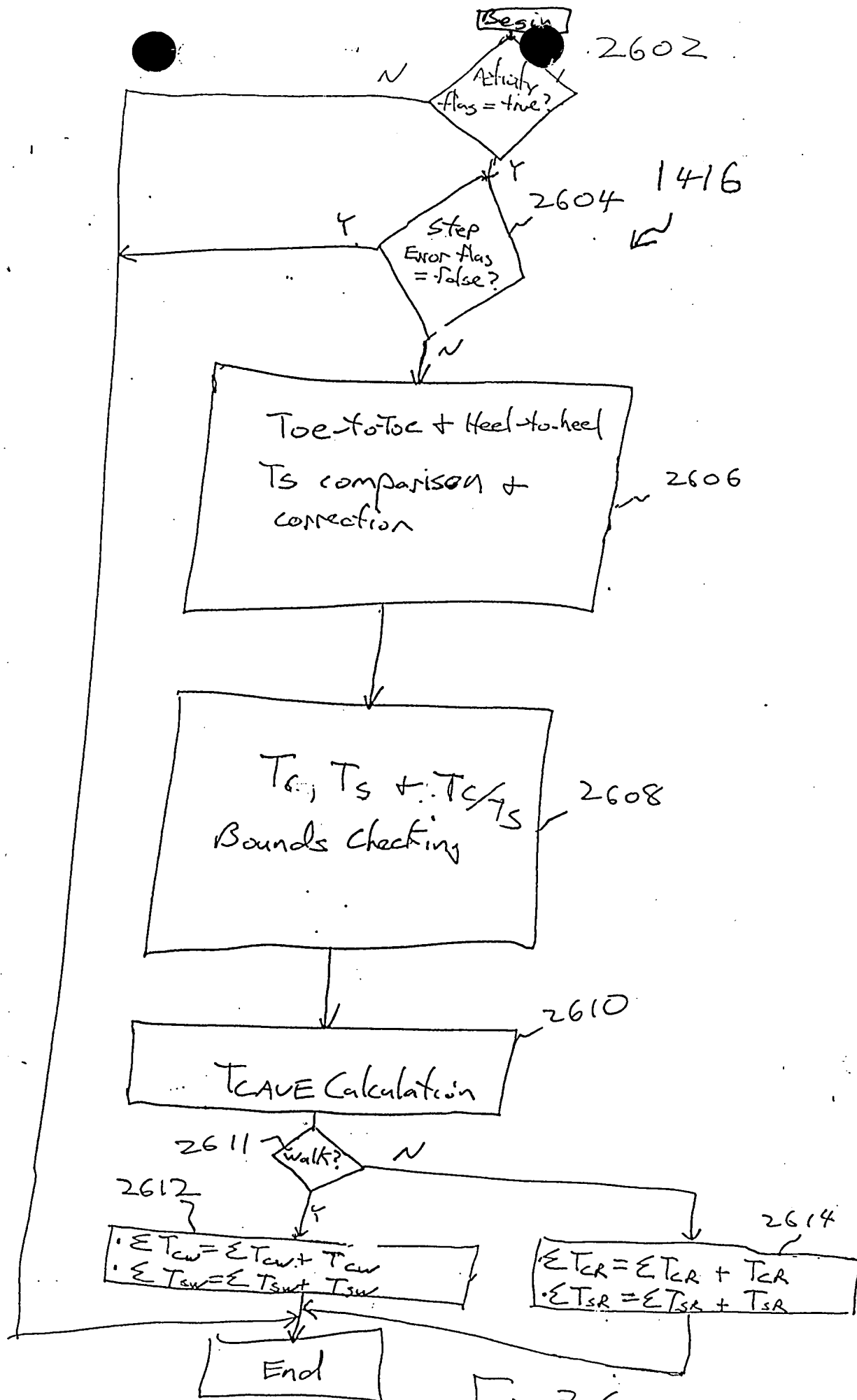


Fig. 26

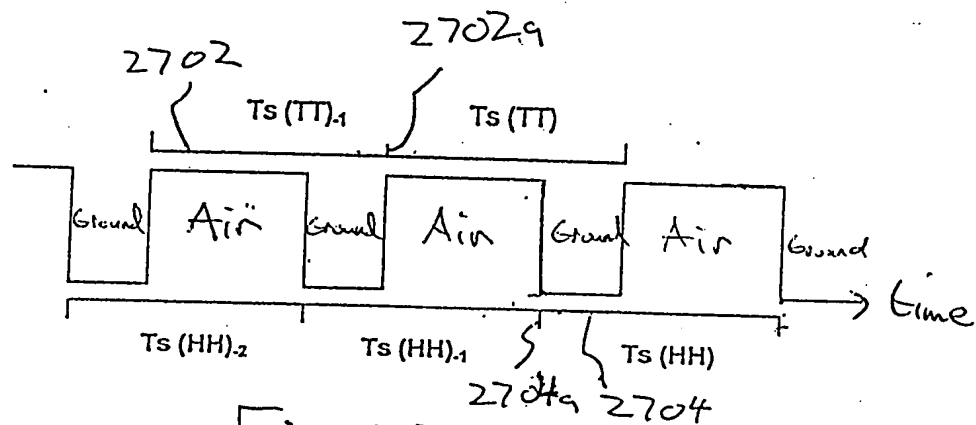


Fig. 27

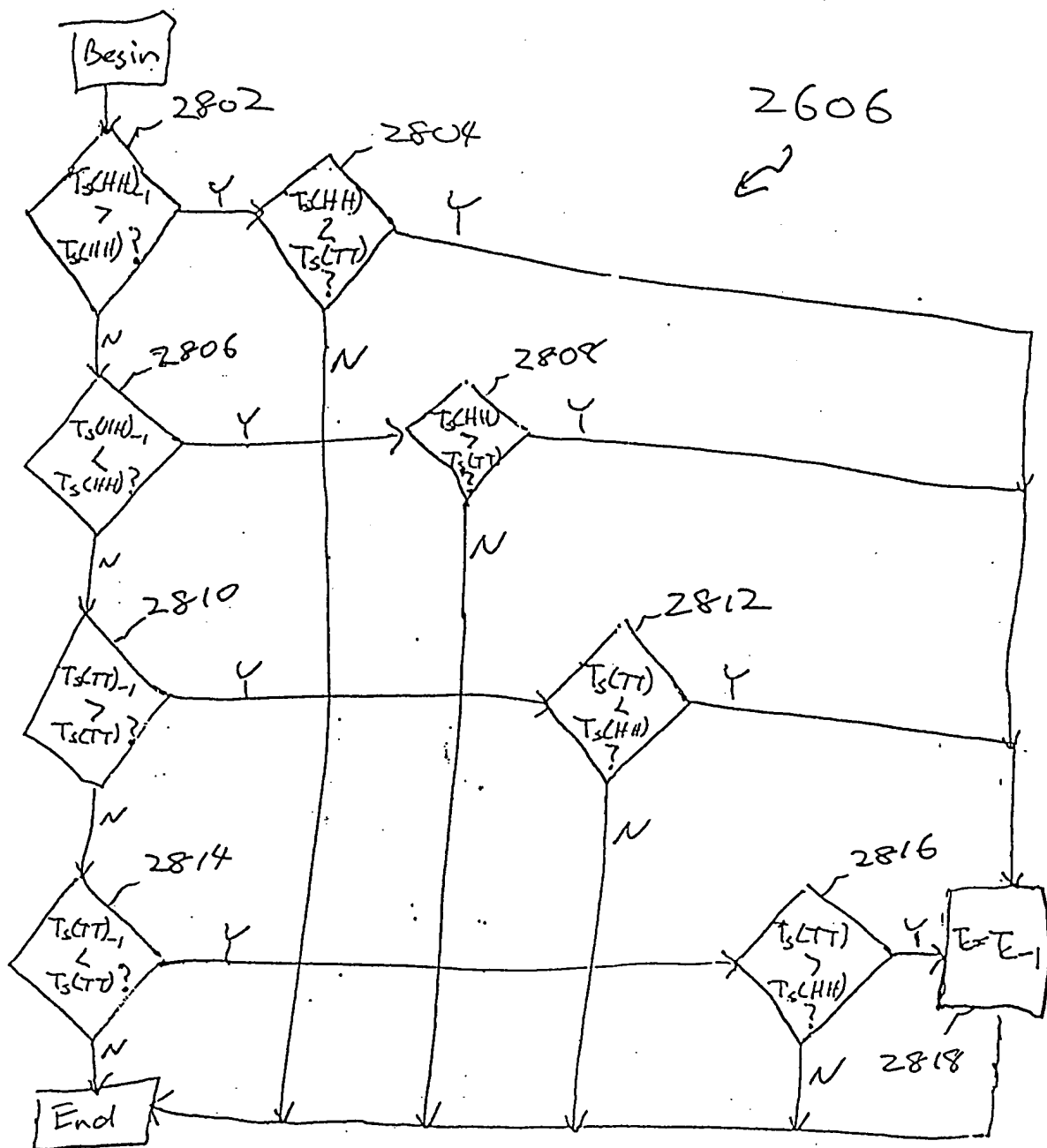


Fig. 28

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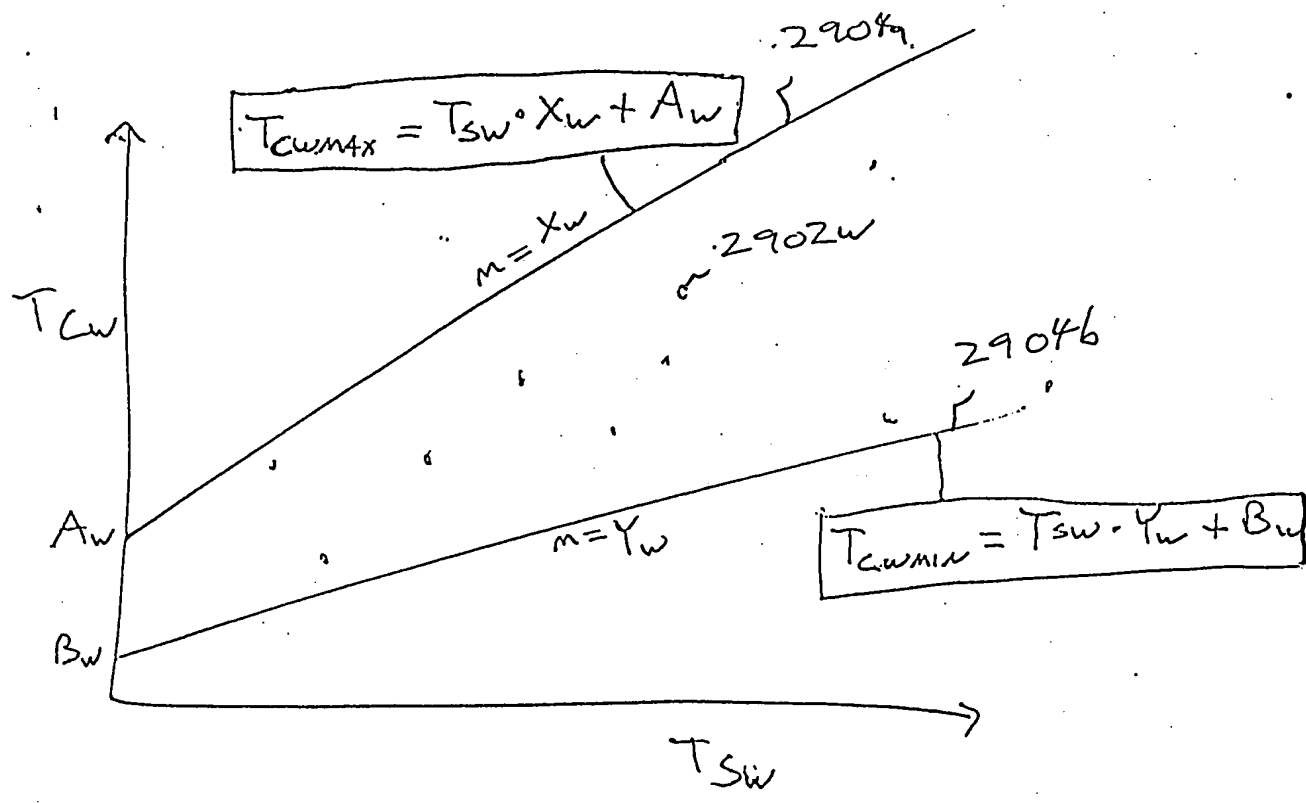


Fig. 29A

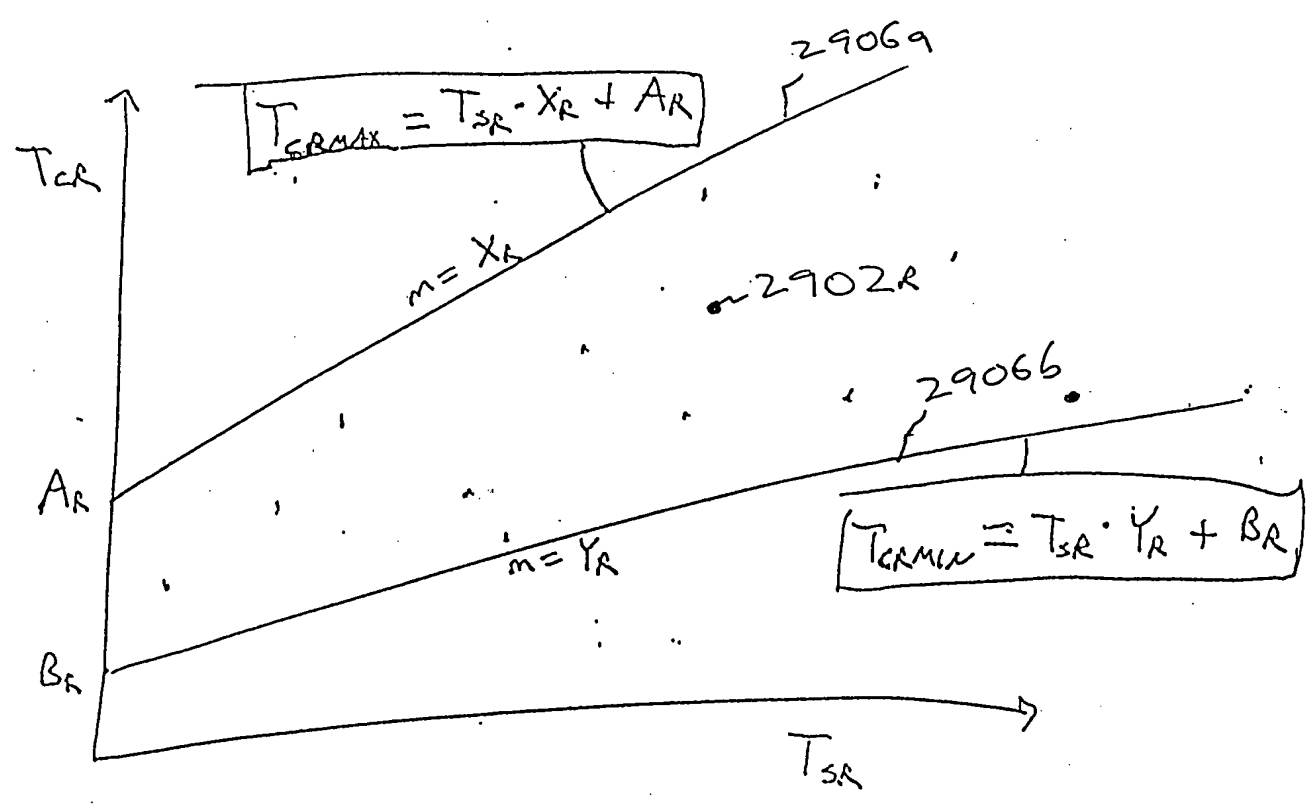


Fig. 29B

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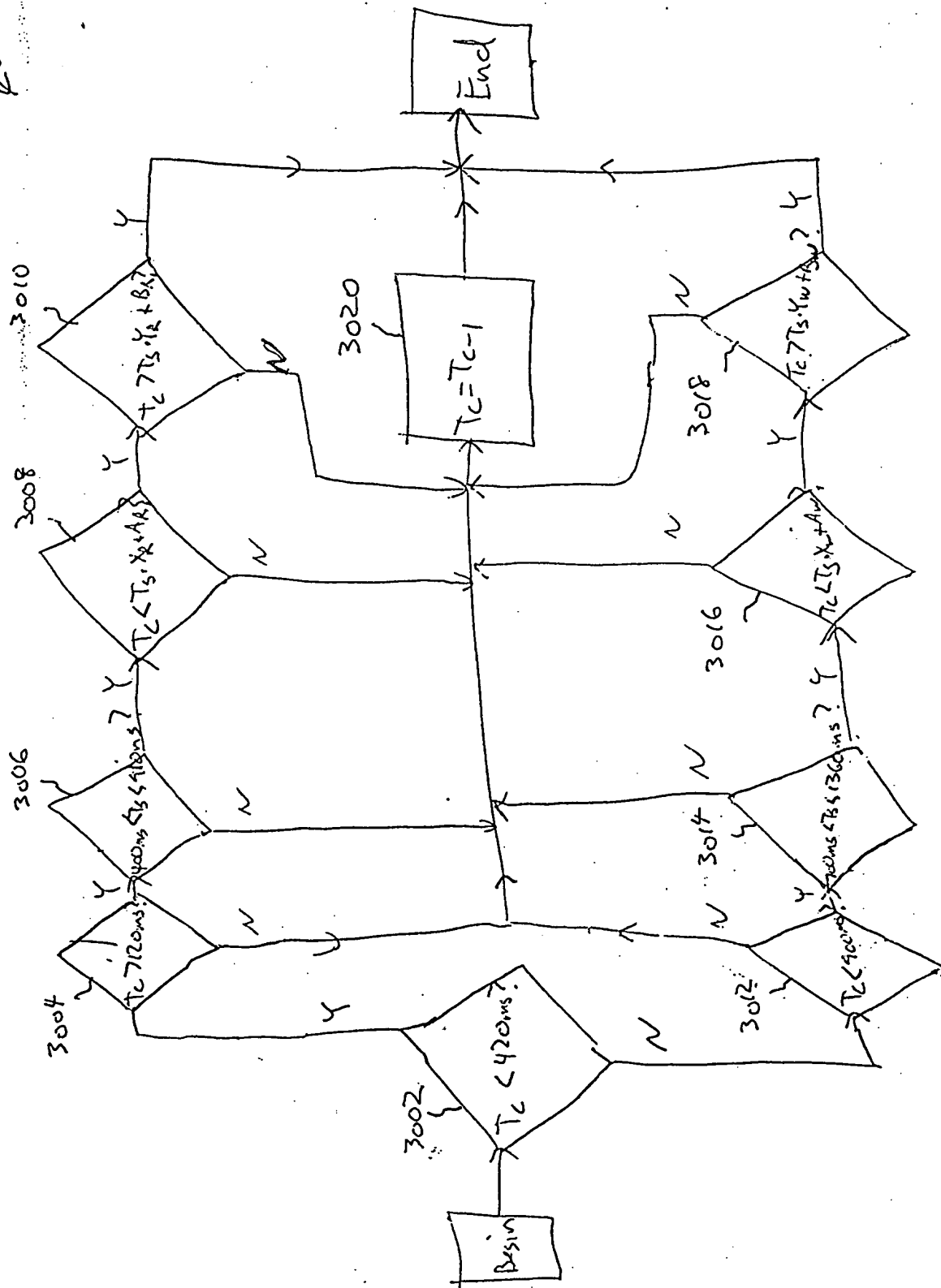


Fig. 30

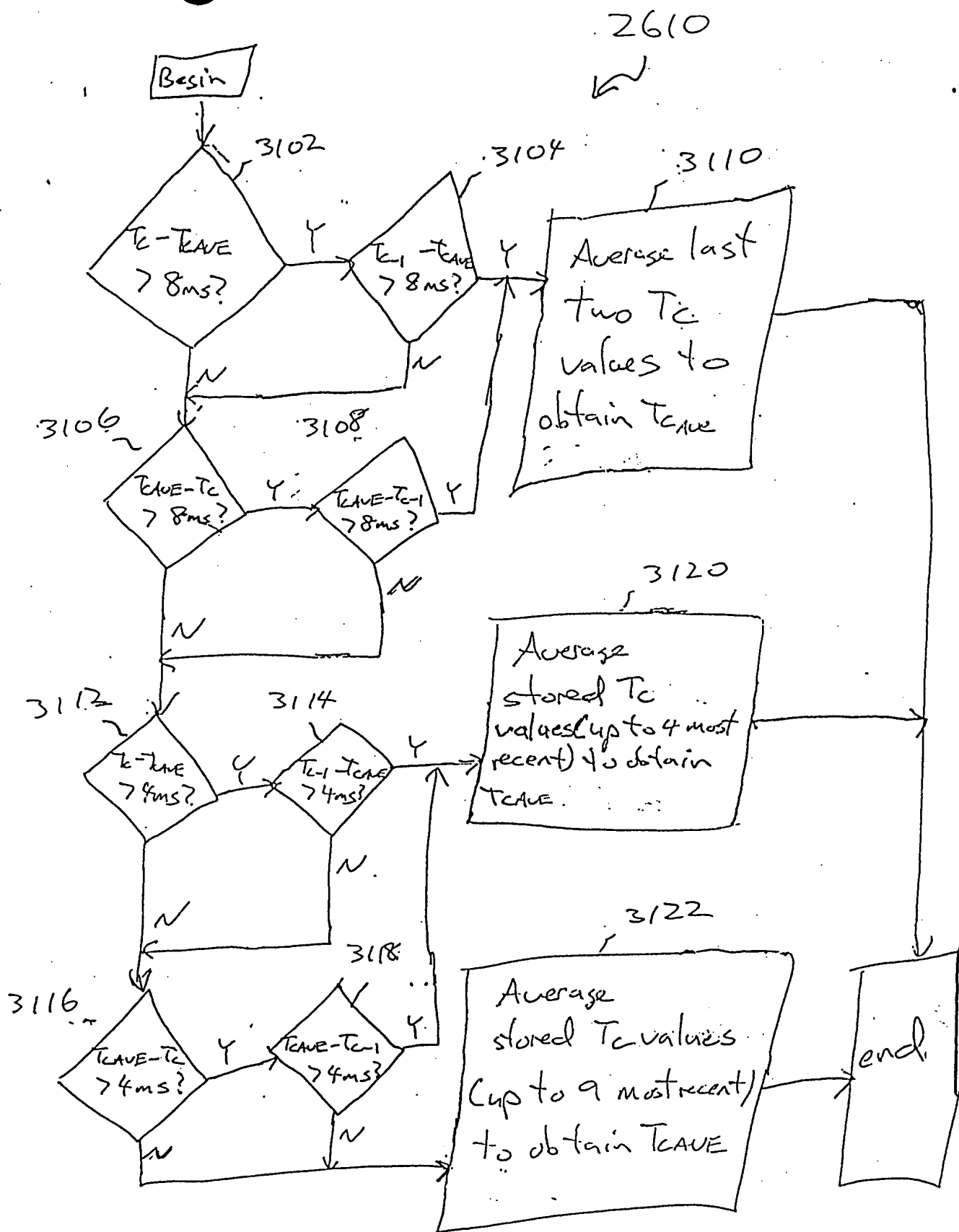


Fig. 31

Fig. 32A

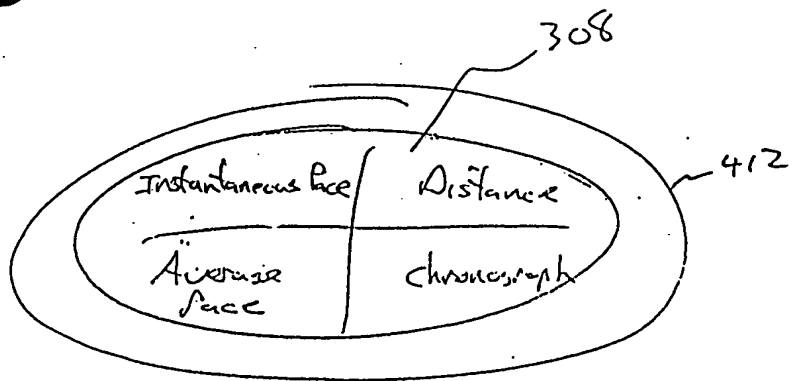


Fig. 32B

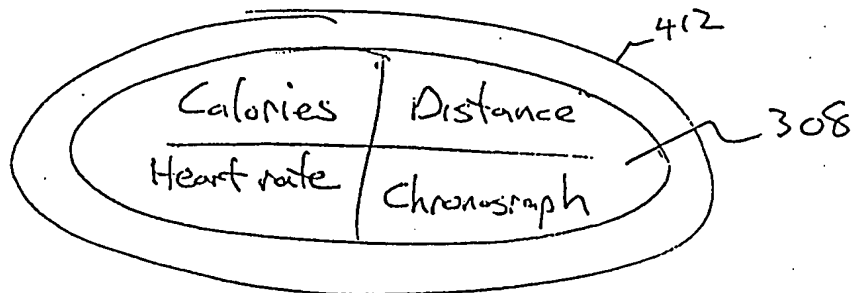


Fig. 32C

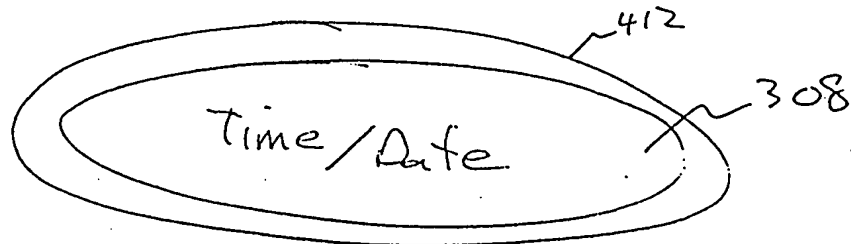


Fig. 32D

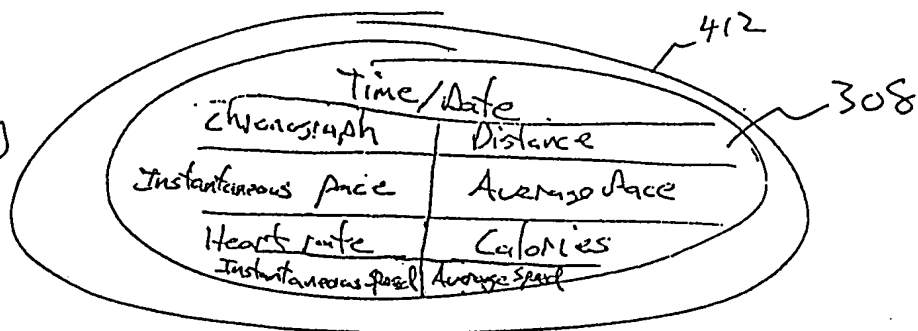


Fig. 32E

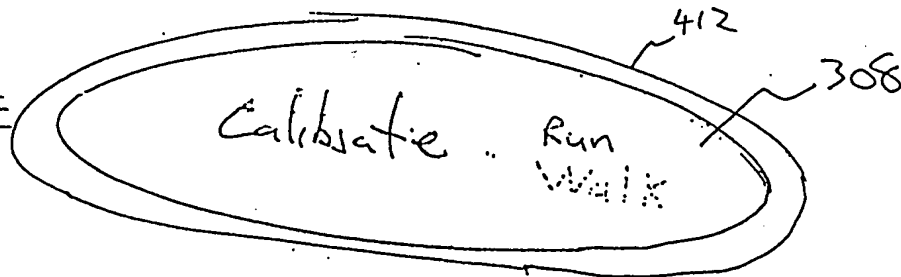


Fig. 32 F

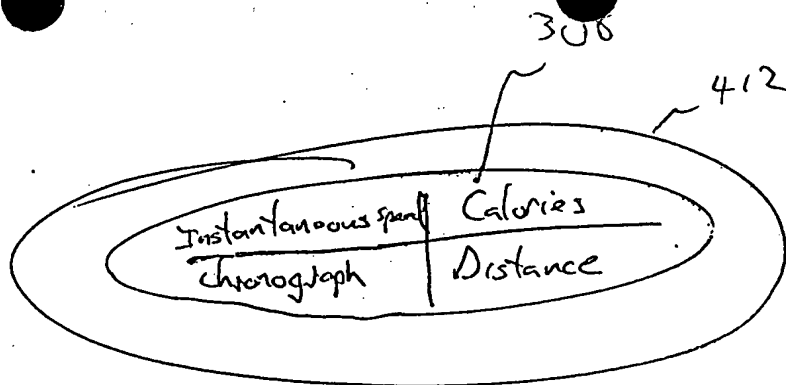


Fig. 32 G

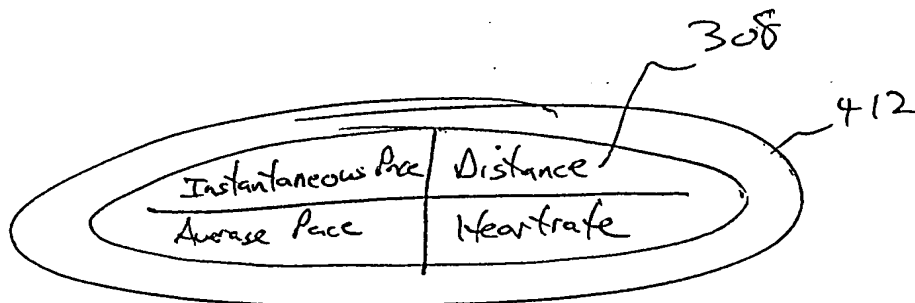
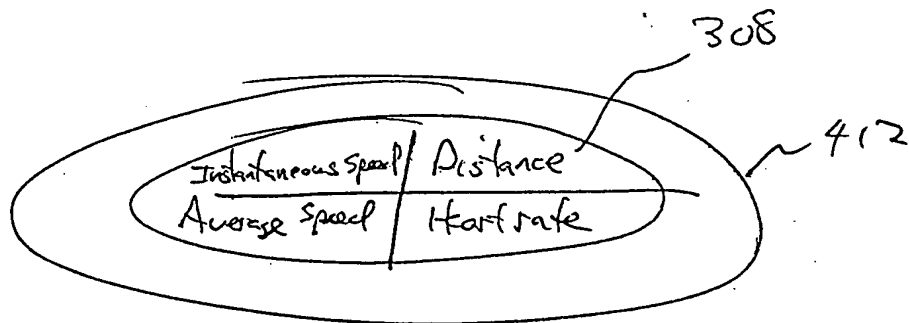


Fig. 32 H



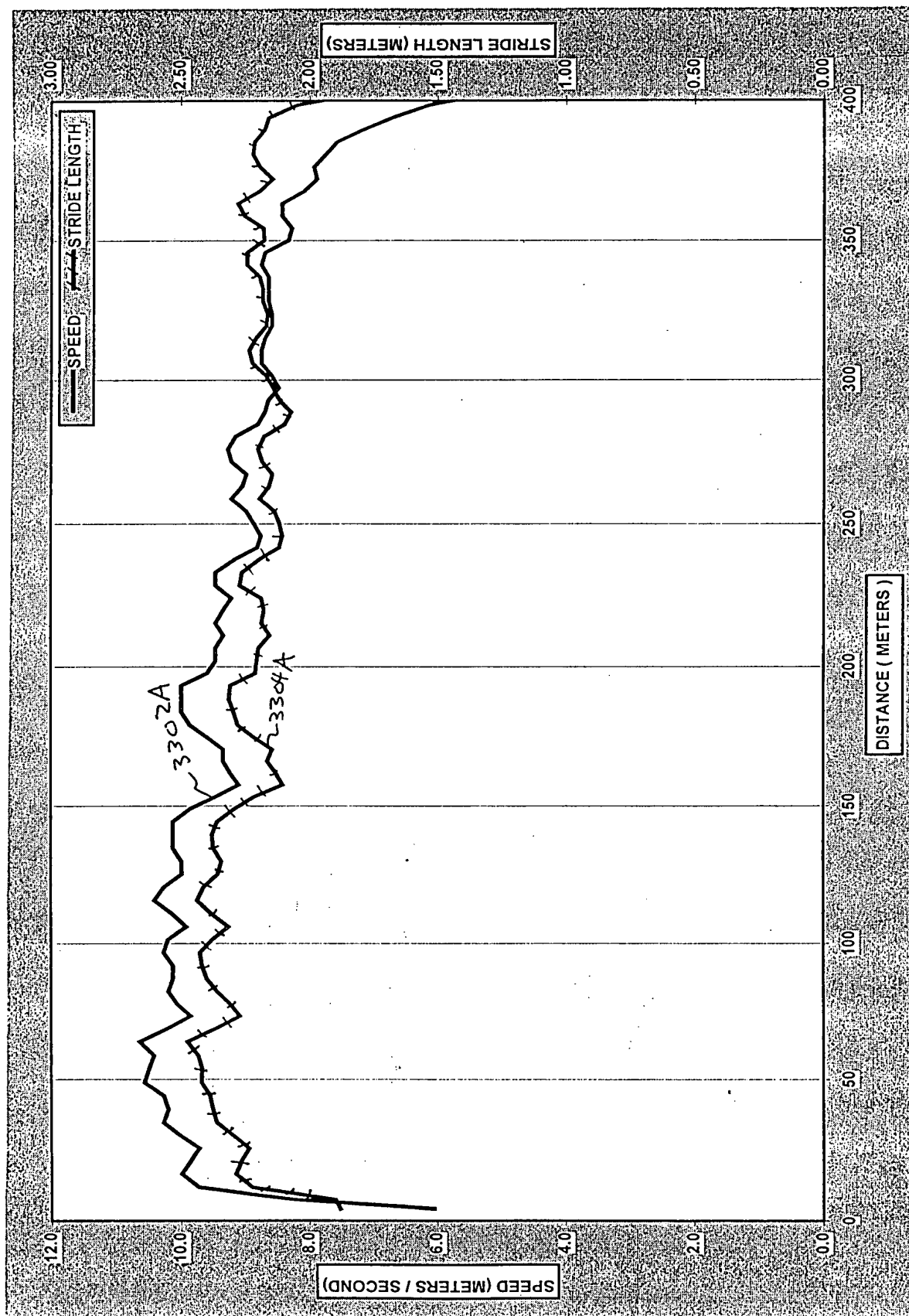


Fig. 33A
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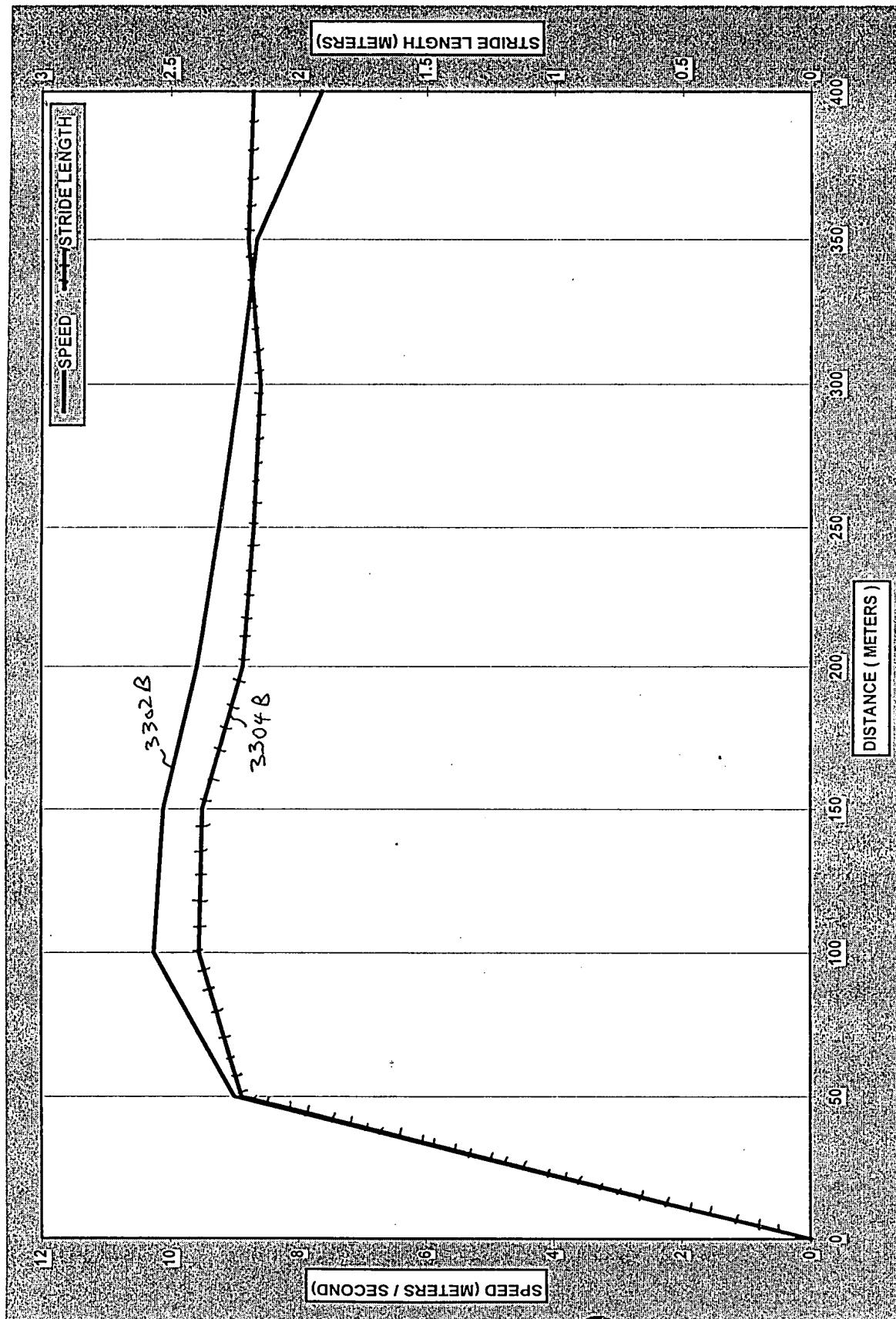


Fig. 330, 082100

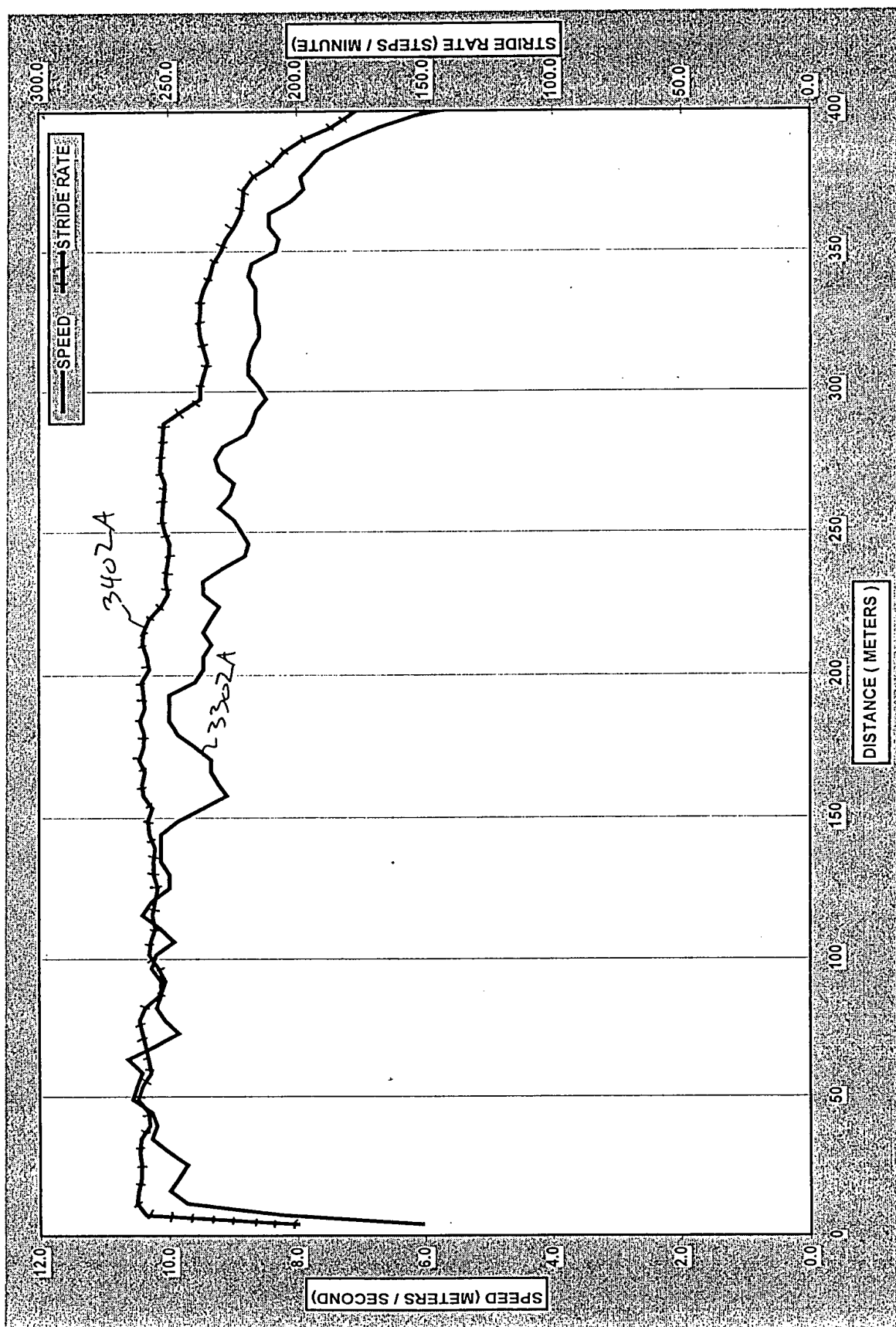


Fig 34A
09643190.082100

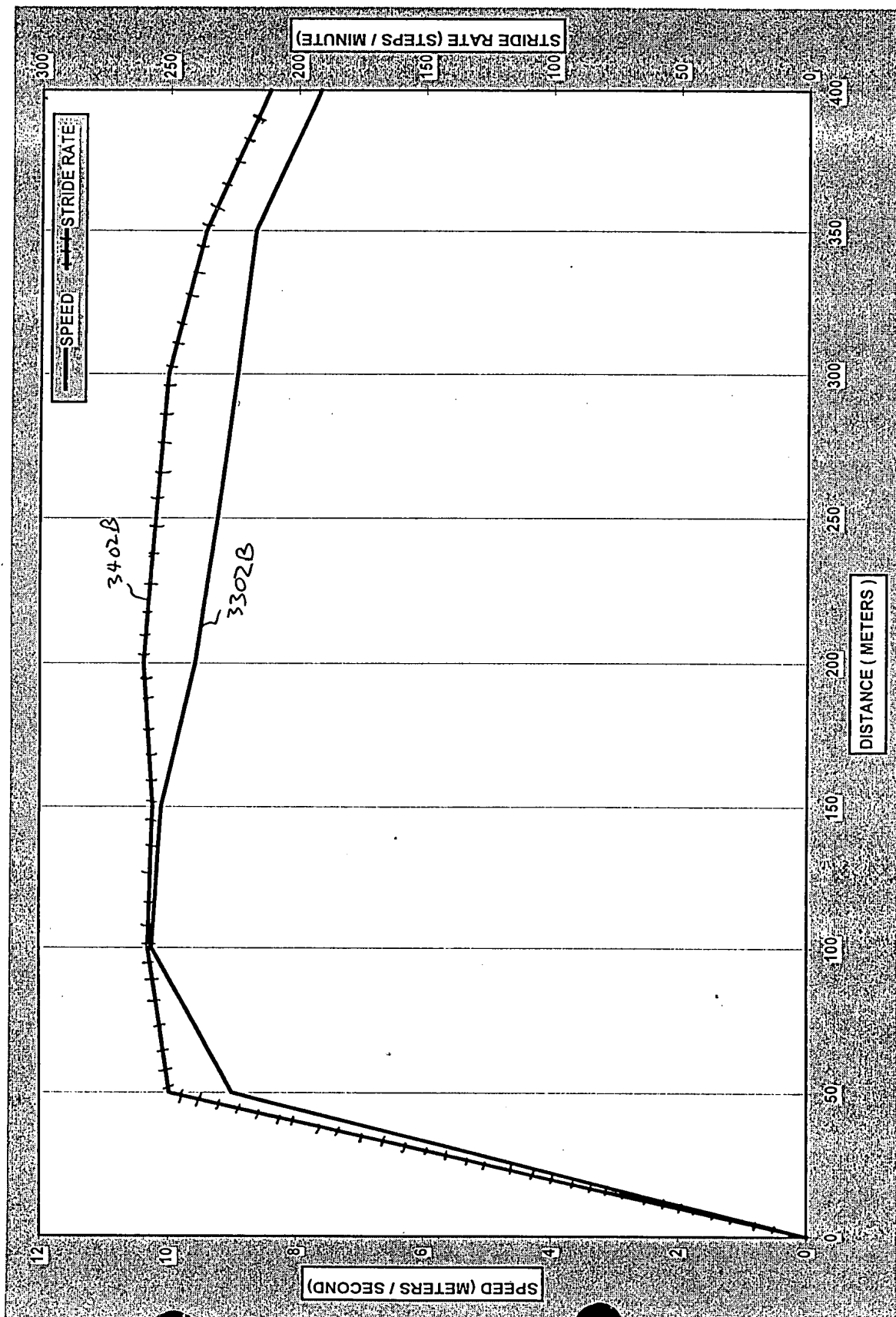


Fig. 34B
 0913190-082100

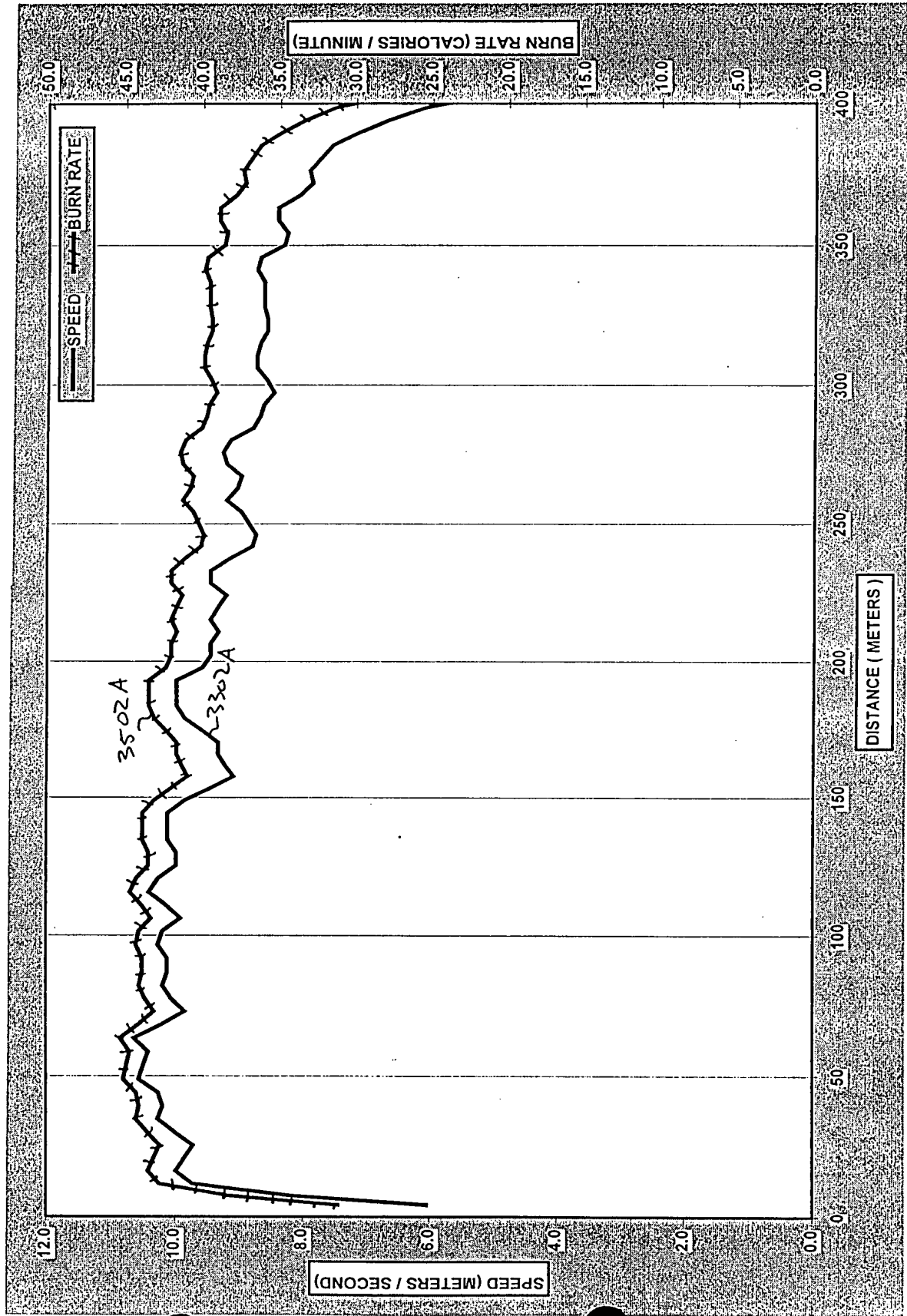


Fig. 35A
09643190 082100

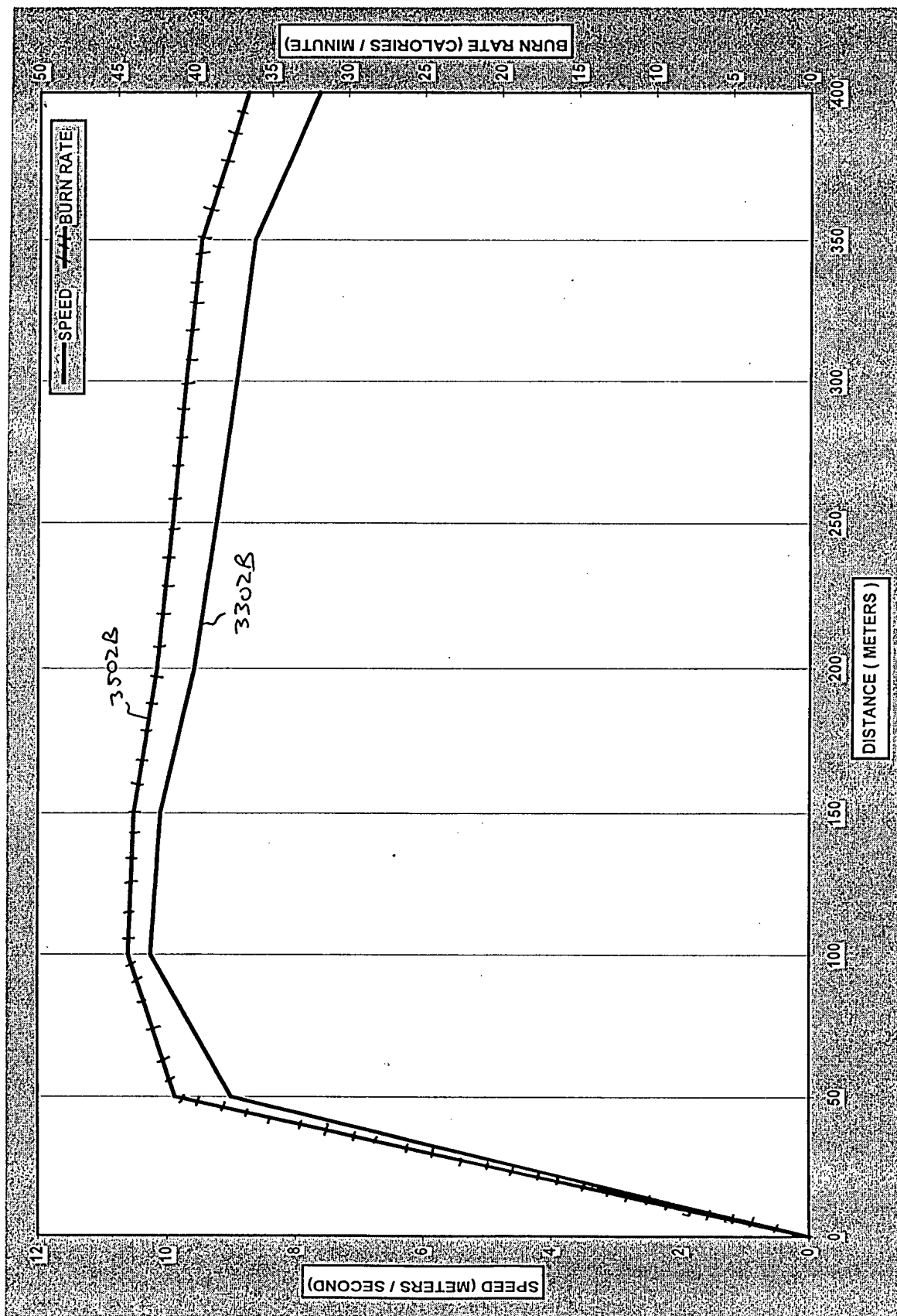


Fig. 35B
 09643190, 082100

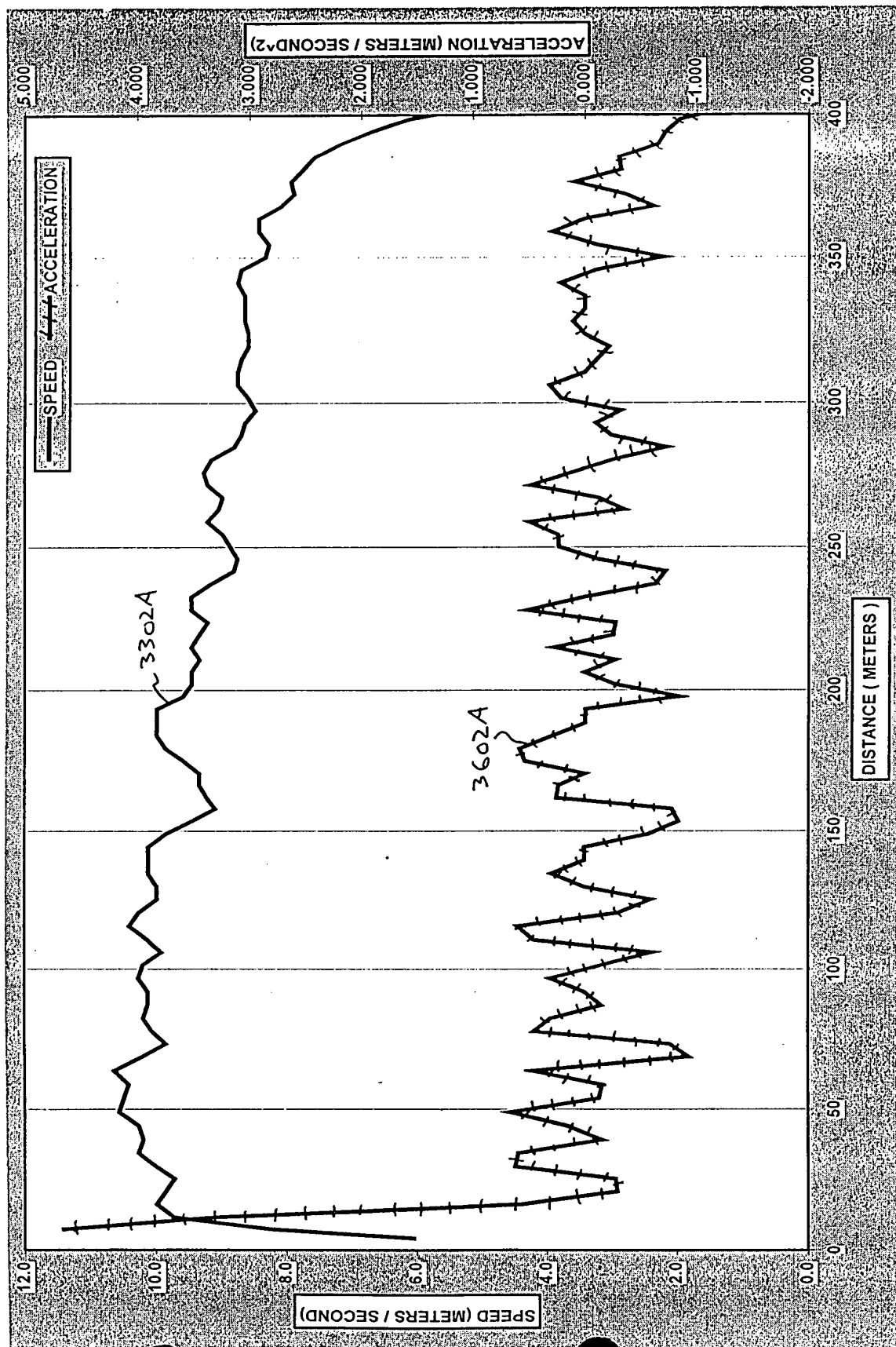


Fig. 36A
09643190.082100

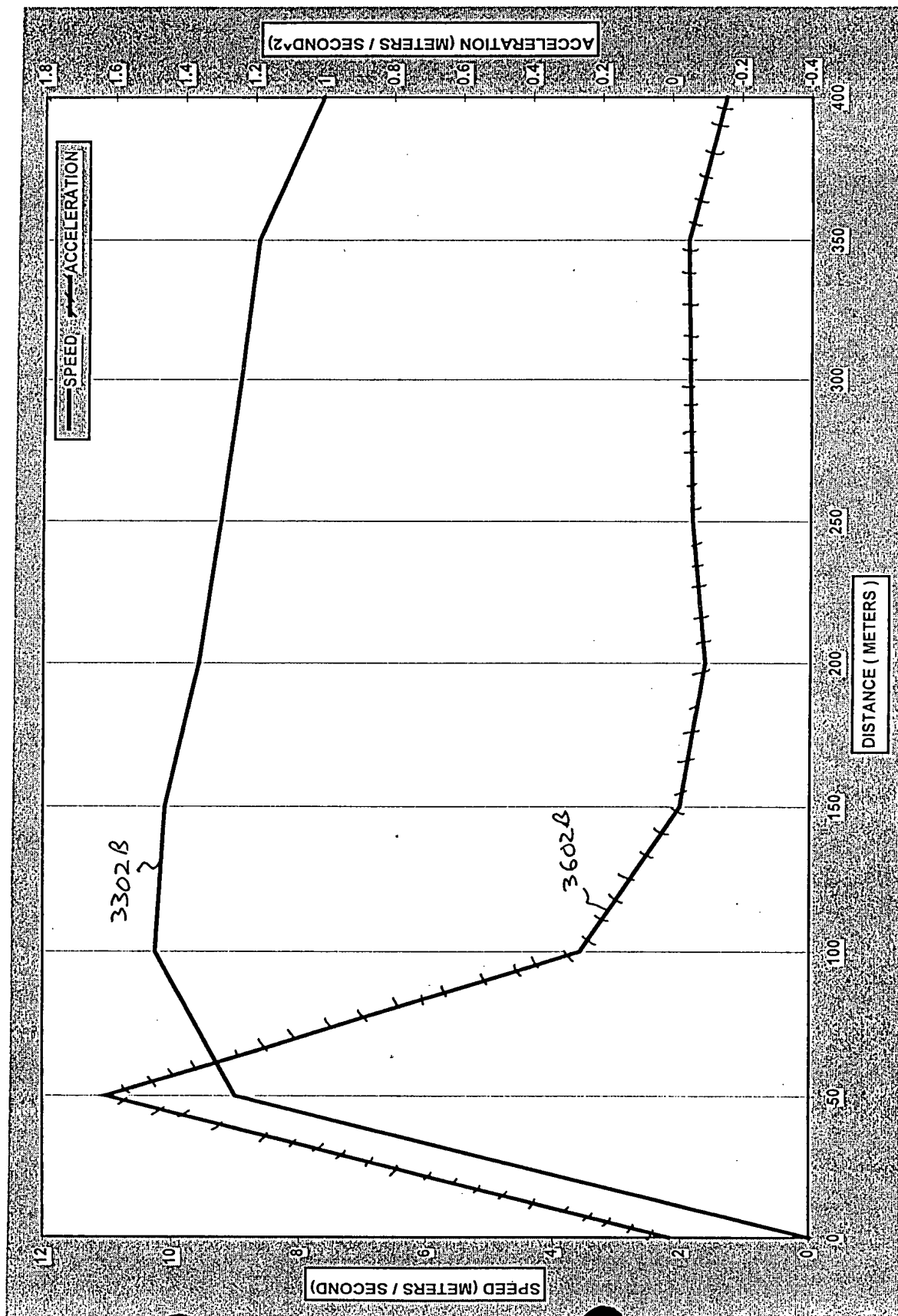


Fig. 36B
09543190, 082100

SPLITS											
Distance	Race Time	Split Time	Average Speed	Average Speed	Average Stride Length	Average Stride Length		Average Stride Rate	Average Burn Rate	Total Calories	Acceleration
	seconds	seconds	meters / second	MPH	meters	feet	inches	steps / minute	Calories / minute	Calories	meters / second ²
0	0	0	0	0	0	0	0	0	0	0	0
50	5.6	5.6	9.0	20.1	2.22	7	3	249.5	41.1	3.7	1.621
100	10.4	4.9	10.3	22.9	2.39	7	9	257.9	44.2	7.3	0.257
150	15.4	4.9	10.1	22.6	2.37	7	9	256.1	43.9	10.9	-0.030
200	20.6	5.2	9.6	21.4	2.22	7	3	259.7	42.3	14.6	-0.100
250	26.0	5.4	9.2	20.7	2.18	7	1	255.1	41.3	18.3	-0.063
300	31.6	5.6	8.9	20.0	2.15	7	0	250.4	40.5	22.1	-0.054
350	37.4	5.8	8.7	19.4	2.20	7	2	236.1	39.6	25.9	-0.048
400	43.9	6.5	7.6	17.1	2.18	7	1	211.1	36.5	29.9	-0.155

Fig. 37

Pace Vs. Ts (walking)

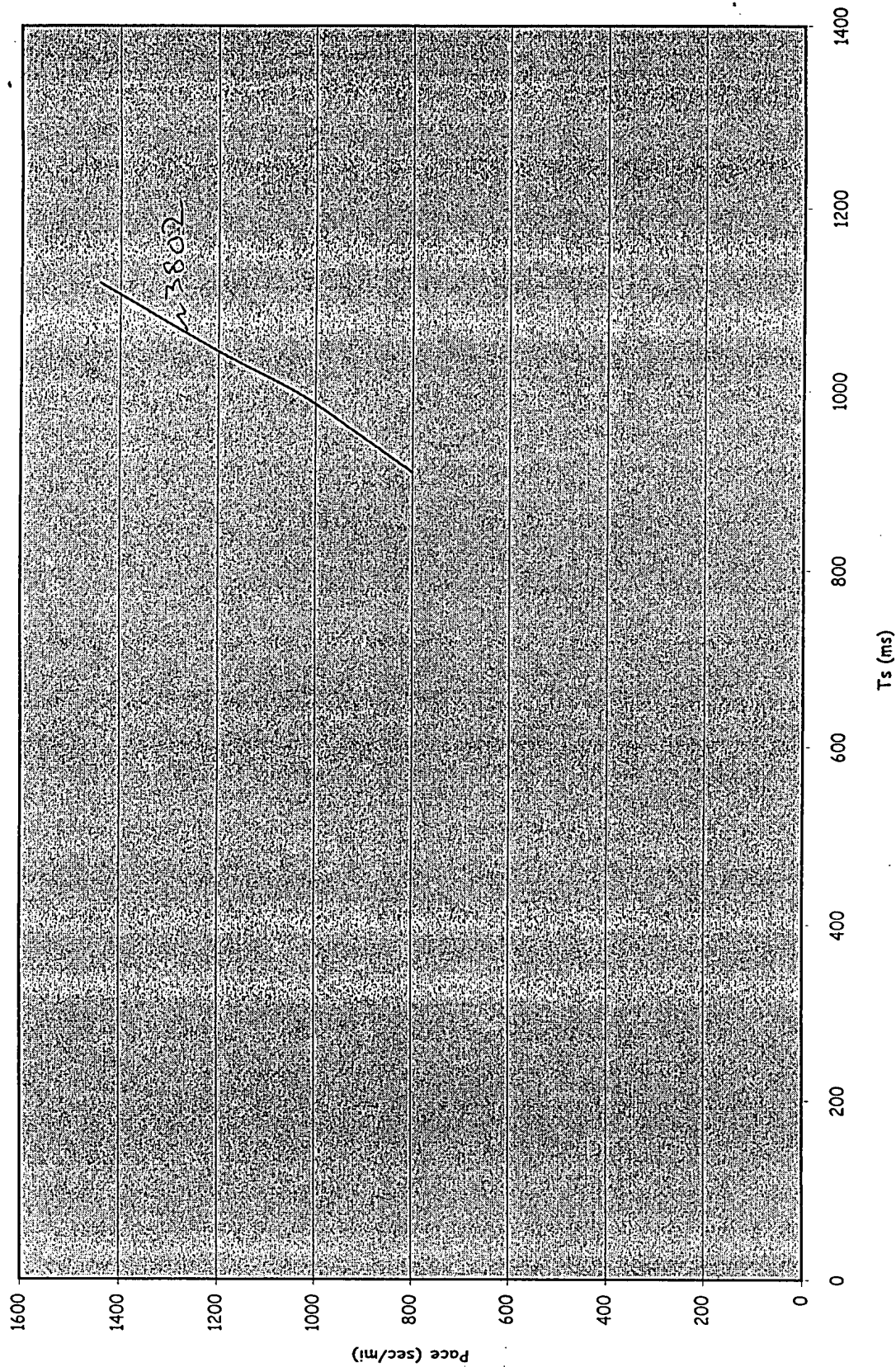


Fig. 38

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Speed (mph)	Pace (Seconds/Mile)	Tc (ms)	Ts (ms)	Average Ground Force (lbs)	Steps Per Mile	Stress Per 1/10 Mile (lbs)	Steps Per Minute	Stress Per Minute (lbs)
5	720	302	730	181	986	17881	82	14901
6	600	270	702	195	855	16667	85	16667
7	514	254	676	200	760	15177	89	17717
8	450	234	652	209	690	14423	92	19231
9	400	214	638	224	627	14019	94	21028
10	360	204	618	227	583	13235	97	22059
11	327	190	600	237	545	12908	100	23684

Fig. 40

Speed vs. V_{T3} (Walking)

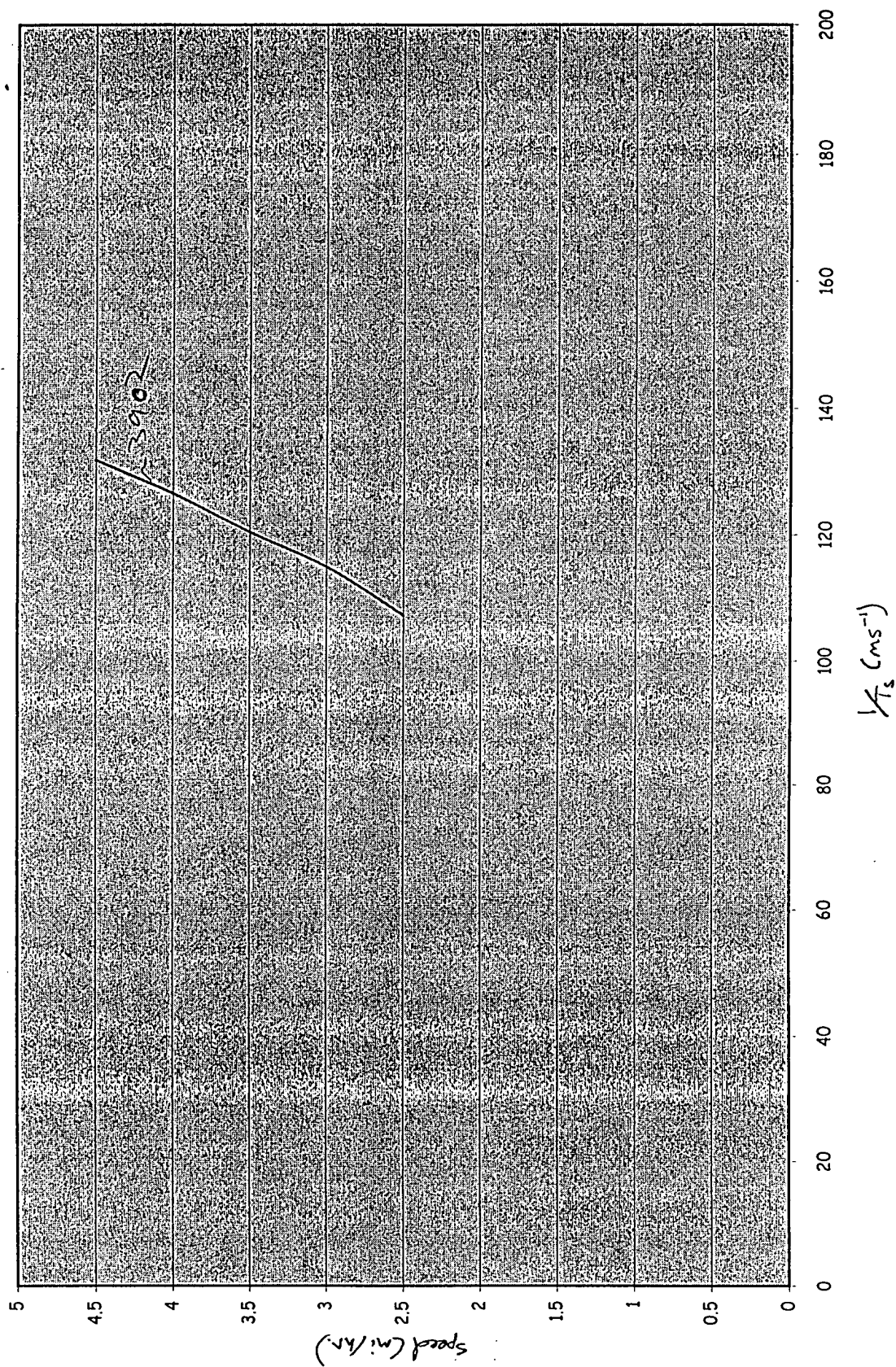


Fig. 39

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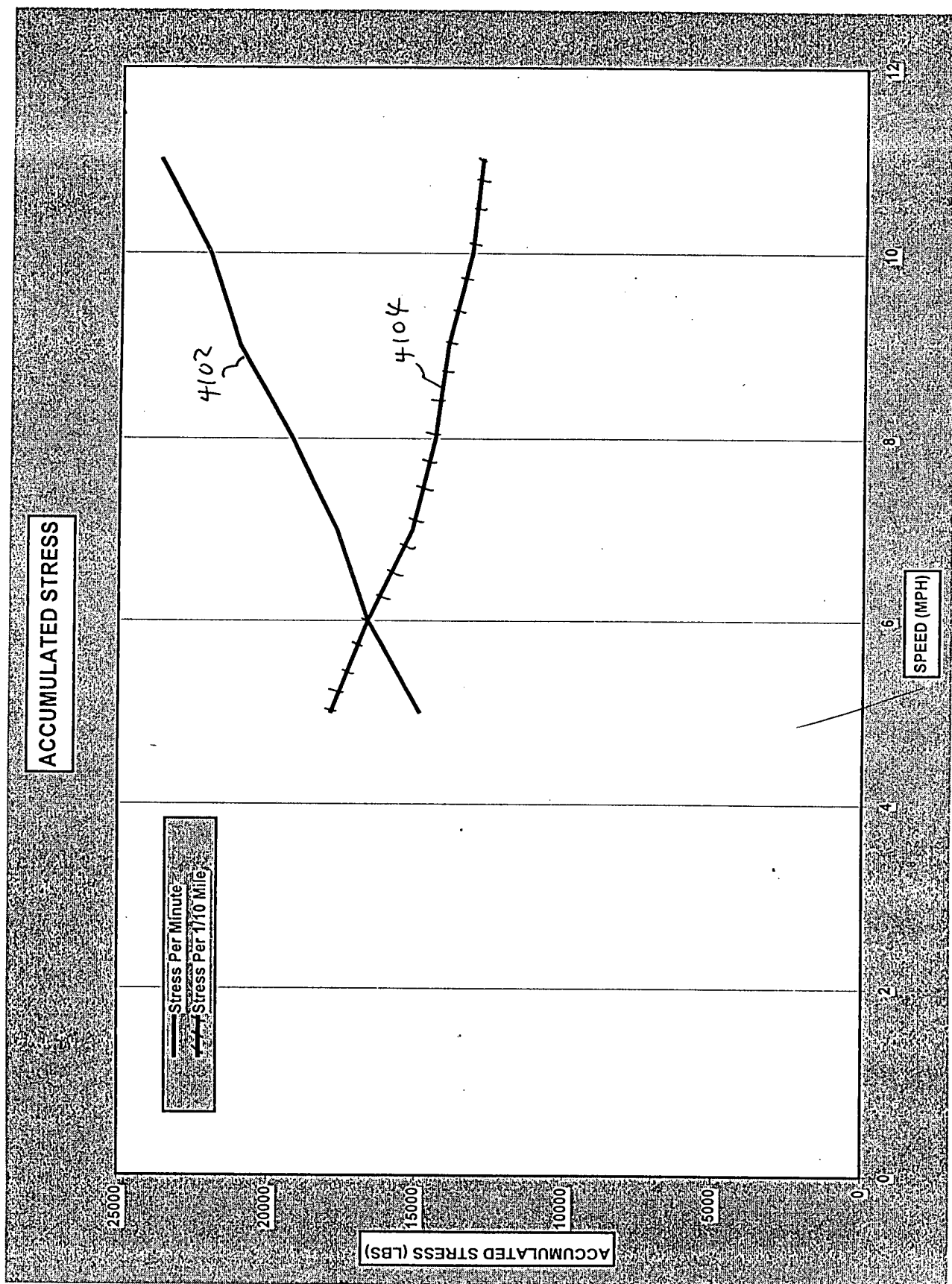


Fig. 41
09643190.082100